Week-At-A-Glance Feb. 1-5 **WEEK 5 Coach Stewart- Body Sculpting**

Goal: Cont. with circuit work, and develop good self-esteem habits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Essential Question:** How does an indoor circuit differ from a machine circuit? | **Essential Question:**  What are the health related components that are involved in a circuit | **Essential Question:** What are some examples of developing good self-esteem? | **Essential Question:** What are different mat workouts we have done and what health related fitness component do we concentrate on (muscular strength or endurance) | **Essential Question:** How do free weights and machine weights differ and how are they the same? |
| Standard 3: Participates regularly in physical activity. 3.1 & 3.3 | Standard 3: Participates regularly in physical activity. 3.1 & 3.3 | Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | Standard 3: Participates regularly in physical activity. 3.1 & 3.3 | Standard 3: Participates regularly in physical activity. 3.1 & 3.3 |
| **Objectives:** | **Objectives**: Students will work on their muscular endurance while participating in the circuit. | **Objectives**: student will learn about the health related components and why they are important. | **Objectives**: Students will work on their muscular endurance while participating in palates. | **Objectives**: Students will participate in a total body workout using a deck of cards |
| **Activities:**  Dynamic Warm  Progressive Indoor Circuit  Machines only with teacher selected partner | **Activities:**  Dynamic Warm up  PNF Stretching  Indoor circuit with cards  Free Weights with partner- Free weight log | **Activities:**  Continue with Forever Strong  Explain where Rick started on Maslow’s Hierarchy of Needs and explain where he was at the end of the movie.  Complete 15 ways to Boost your self esteem, goal sheet, collage. | **Activities:**  Static stretch on mats.  P90X with video (Ab workout)  15 min,  Walk/Jog on the track at a 3:00 pace per lap | **Activities:**  Dynamic warm up  Cards- based on the card a different exercise and the amount will differ |
| **Assessment:**  Participation in activities, technique on machines and exercises | **Assessment:**  Free Weight Log | **Assessment:** Masow’s Hierarchy of Needs evaluation of Rick Penning | **Assessment:**  Participation in activities, correct form, and making the pacing marks on the jog/walk | **Assessment**  Participation in activity, proper technique |
| **Differentiation:** Teacher choice on partner machines only | **Differentiation:** Adjust activity level to fitness levels. Adjust weight were needed. Cards will be at different levels | **Differentiation:** Audio and Visual: Group discussion | **Differentiation: :** Adjust activity level to fitness levels. Show easy and difficult as the ab work out progresses. | **Differentiation:** Adjust workout out to physical fitness level |