Week-At-A-Glance Feb. 8-12 **WEEK 6 Coach Stewart- Body Sculpting**

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

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| **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 some similarities and differences in T-25 and P90X? | **Essential Question:** How do indoor circuits differ from outdoor circuits? |
| 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 WarmProgressive Indoor CircuitMachines only with teacher selected partner | **Activities:** Dynamic Warm upPNF StretchingIndoor circuit with cardsFree Weights with partner- Free weight log  | **Activities:** Continue with Self-Esteem (Self-Esteem Crest) Complete 15 ways to Boost your self esteem, goal sheet, collage.Start Cyberbully with Questions/Article | **Activities:** Static stretch on mats. T-25 Workout (cardio) or indoor circuit with different activities based on fitness abililtiesCircuit machines only with partner | **Activities:**Dynamic warm upCards- 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:** Cyberbully Questions | **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 |