Week-At-A-Glance March 7-11 **WEEK 9 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?  How does self esteem affect you future decisions? | **Essential Question:** What are some similarities and differences in T-25 and P90X? | **Essential Question:** Why would your heartrate drop so quickly when you stop running? What does this say about your fitness level? |
| 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:**  Student will improve cardiorespiratory endurance while participating in a circuit on the track. | **Objectives**: Students will work on their muscular endurance while participating in the circuit. | **Objectives**: Student will learn why developing high self-esteem helps to make better choices. | **Objectives**: Students will work on their muscular endurance while lifting weights. | **Objectives**: Students will participate in a total body workout while completing an outdoor circuit. |
| **Activities:**  Dynamic Warm  Abdominal workout  Track Circuit with bleachers | **Activities:**  Dynamic Warm up  Machine Weights with partner- and a log sheet  Track walking – 4 minutes per lap. | **Activities:**  Review Likeagirl campaign  Song lyrics  How can these influence your self-esteem?  Start Cyberbully with Questions | **Activities:**  Dynamic warm-up  Machine weights with log sheet  Snake run on turf | **Activities:**  Heartrate monitors  Dynamic warm up  Progressive Outdoor Circuit |
| **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 and staying in their THR zone for 25 minutes. |
| **Differentiation:** Workout adjusted according to student’s fitness level. | **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 and student choice |