Week-At-A-Glance August 31-September 4

Health & Personal Fitness Combo **WEEK 3 Coach Stewart**

Goal: Students will understand how to implement the Principles of Overload & Progression

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Essential Question:**  Why is it important to **only** improve **one** of the FITT principles when choosing to apply the Overload Principle? | **Essential Question:**  Which Health Related components did you improve today and how? |  | **Essential Question:**  How does applying the Principle of Specificity **reduce** your chances of overuse injury? | **Essential Question:**  Which Health Related components did you improve today and how? |
| **PEPF.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** | **PEPF.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.**  **1.a, 1.b, 1.c** |  | **PEPF.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** | **PEPF.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.**  **1.a, 1.b, 1.c** |
| **Objectives**: Student will learn the Principles of Training and how to apply them. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |  | **Objectives**: Student will be evaluated on designing a workout vocabulary. Student will learn to apply the Principles of Training. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |
| **Activities:**  Chapter 3 – Designing a Fitness Program Powerpoint Notes Lesson 1 & 2  Health Related vs. Skill Related, Principle of Overload, (FITT)  Assignment – Please print - Overload Application Chart – we will complete in class  Complete Vocabulary for homework & study – Vocabulary Quiz on Thursday | Activities:  Workout  10-minute warm-up/stretch  20 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Workout #1 – choice of 3  Use Polar Beat to record your workout.  Complete Workout Reflection | Planning – 8:30-10:30  Available for help  10:30-2:30  Email  or  Text through Remind | **Activities:**  Vocabulary Quiz –  **Kahoot** Game PIN **03260490**  **Use FIRST & LAST name & PERIOD #**  **Must be completed by Friday, 9/4 at 4:00pm**  Chapter 3 - lesson 3- 5  Principle of Specificity  Principle of Progression  Warm-up, Work Out, Cool Down  Use your book to complete “Chapter 3 Outline, Graphic Organizers, & Outline” | Activities:  Workout  10-minute warm-up/stretch  20 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Workout #1 – choice of 3  Use Polar Beat to record your workout.  Complete Workout Reflection  **Personal Fitness – Chapter 3 Test by Monday at 3:00pm – code will be on CTLS - Assignments** |
| **HW:**  Complete Overload Application Chart and Vocabulary – Quiz on Thursday | **HW:**  Complete  Workout Reflection |  | **HW:**  Assignment on CTLS – **Applying the Training Principles – Scenarios** | **HW:**  Complete  Workout Reflection  Personal Fitness Chap. 3 Test |