Week-At-A-Glance Feb. 8-12 **WEEK 6 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 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 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 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 abililties  Circuit machines only with partner | **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:** 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 |