

Health/Physical Education I/II & Weight Training
Mr. Gabe Walker – Lesson Plans for March 18 – March 22, 2019

	HEALTH & PHYSICAL FITNESS	WEIGHT TRAINING
Mon 3/18	<ul style="list-style-type: none"> • Objective: Swimming Unit at YMCA • Students will learn the rules, strategy, & fitness it takes to play this activity. • 10 min. Run/Warm up/Stretch • 30 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	<ul style="list-style-type: none"> • Objective: Workout within Groups • 8 min. Run/warmup and Stretch • 30 min. Workout 'A' 10x8x6 Aux. 15x10x5 • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly.
Tues 3/19	<ul style="list-style-type: none"> • Objective Swimming Unit at YMCA • Students will learn the rules, strategy, & fitness it takes to play this activity. • 10 min. Run/Warm up/Stretch • 30 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. • Freshman Health: Reducing the risk Unit • 8 min. Guest Speaker – HIV/AIDS • 20 min. Power point discussion/notes covering information our reducing the risk unit. Ground rules, expectations, & hand out work books. • 15 min. Review questions. Work in small groups • 5 min. Questions & Discussion • Assessment: Attitude, participation, completion of review questions. 	<ul style="list-style-type: none"> • Objective: Workout within Groups • 8 min. Run/warmup and Stretch • 30 min. Workout 'B' 10x8x6 Aux. 15x10x5 • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly.
Wed 3/20	<ul style="list-style-type: none"> • Objective Swimming Unit at YMCA • Students will learn the rules, strategy, & fitness it takes to play this activity. • 10 min. Run/Warm up/Stretch • 30 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	<ul style="list-style-type: none"> • Objective: Workout within Groups • 8 min. Run/warmup and Stretch • 30 min. Workout 'C' 10x8x6 Aux. 15x10x5 • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly.
Thurs 3/21	<ul style="list-style-type: none"> • Objective Swimming Unit at YMCA • Students will learn the rules, strategy, & fitness it takes to play this activity. • 10 min. Run/Warm up/Stretch • 30 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out 	<ul style="list-style-type: none"> • Objective: Workout within Groups • 8 min. Run/warmup and Stretch • 30 min. Workout 'D' 10x8x6 Aux. 15x10x5 • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly.

	<ul style="list-style-type: none"> • Assessment: Complete fundamental skills, teamwork, and participation. • Freshman Health: Reducing the risk Unit • 8 min. Guest Speaker – HIV/AIDS • 20 min. Power point discussion/notes covering information our reducing the risk unit. Ground rules, expectations, & hand out work books. • 15 min. Review questions. Work in small groups • 5 min. Questions & Discussion • Assessment: Attitude, participation, completion of review questions. 	
Fri 3/22	<ul style="list-style-type: none"> • Objective Cardio Day Activity • Students will learn the rules, strategy, & fitness it takes to play this activity. • 10 min. Run/Warm up/Stretch • 30 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	<ul style="list-style-type: none"> • Objective: Cardio Activity • 8 min. Run/warmup and Stretch • 30 min. Workout Cardio Activity • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly.

Plan your work. Work your plan. Have fun staying fit!