

Monday	<p><b>Objective: (1.3) TO IDENTIFY AND EXPLAIN THE POSITIVE OUTCOMES THAT PHYSICAL ACTIVITY AND EXERCISE CAN HAVE ON HEALTH AND FITNESS LEVEL; (1.4) TO EXPLAIN AND DISCUSS THE NATIONAL GOALS AND RECOMMENDATIONS FOR PHYSICAL ACTIVITY, EXERCISE, OR BOTH, FOR ADOLESCENTS; TO DEFINE AND EXPLAIN THE STAGES OF THE FITNESS CONTINUUM</b></p>
	<p>Activities:</p> <ul style="list-style-type: none"> <li>* <b>LIST AND DEFINE VOCABULARY TERMS FOR CHAPTER 1.</b></li> <li>* <b>SILENTLY READ SECTION 3 AND 4</b></li> <li>* <b>WRITE DOWN FOUR (4) FACTS ABOUT THE SECTIONS</b></li> <li>* <b>DISCUSS SECTIONS WITH CLASS</b></li> <li>* <b>SECTION REVIEW FOR SECTION 2</b></li> </ul>
	<p>Materials: <b>TEXTBOOK, NOTEBOOK, HANDOUTS</b></p>
	<p>Follow Up/HW: <b>ACTIVE MIND/ACTIVE BODY ACTIVITIES AS MAKE-UP FOR ABSENCES AND NON-DRESSERS</b></p>
Tuesday	<p><b>Objective:</b></p>
	<p>Activities:</p> <ol style="list-style-type: none"> <li><b>1. ROLL CALL</b></li> <li><b>2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM – UP ACTIVITY</b></li> <li><b>3. LAB 3 (PARTS OF FITNESS)</b></li> </ol>
	<p>Materials: <b>ROLL SHEET, UNIFORM, LAB BOOKLET</b></p> <p>Follow Up/HW: <b>ONE MILE RUN</b></p>
Wed/Thur	<p><b>Objective: STUDENTS WILL ACTIVELY PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES.</b></p>
	<p>Activities: <b>1. ROLL CALL</b></p> <p style="padding-left: 20px;"><b>2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM-UP</b></p> <p style="padding-left: 20px;"><b>3. CIRCUIT TRAINING</b></p> <p style="padding-left: 20px;"><b>4. GROUP ACTIVITY (RECREATIONAL SPORTS: BOTCHY BALL, HORSE SHOES)</b></p>
	<p>Materials: <b>ROLL SHEETS, UNIFORMS</b></p>
	<p>Follow Up/HW: <b>ONE MILE RUN</b></p>
Friday	<p><b>Objective: (1.3) TO IDENTIFY THE POSITIVE OUTCOMES THAT PHYSICAL ACTIVITY AND EXERCISE CAN HAVE ON HEALTH AND FITNESS LEVEL. (1.4) TO EXPLAIN AND DISCUSS THE NATIONAL GOALS AND RECOMMENDATIONS FOR PHYSICAL ACTIVITY, EXERCISE, OR BOTH, FOR ADOLESCENTS; TO DEFINE AND EXPLAIN THE STAGES OF THE FITNESS CONTINUUM.</b></p>
	<p>Activities:</p> <ul style="list-style-type: none"> <li>* <b>DISCUSS SECTIONS 3 AND 4 WITH CLASS</b></li> <li>* <b>COMPLETE SECTION REVIEWS AT THE END OF EACH SECTION</b></li> <li>* <b>WRITE DOWN FOUR (4) FACTS ABOUT EACH SECTION</b></li> <li>* <b>GET INTO PAIRS AND DEVELOP TWO OPEN ENDED QUESTIONS TO SHARE WITH CLASS</b></li> <li>* <b>CLASS WILL USE THE QUESTIONS AS PART OF THEIR CHAPTER REVIEW</b></li> </ul>
	<p>Materials: <b>TEXTBOOK, NOTEBOOK, HANDOUTS</b></p>
	<p>Follow Up/HW: <b>ACTIVE MIND ACTIVE BODY ACTIVITY ON PAGE 15 AND 16</b></p>

Monday	Objective: <b>(1.3) TO IDENTIFY AND EXPLAIN THE POSITIVE OUTCOMES THAT PHYSICAL ACTIVITY AND EXERCISE CAN HAVE ON HEALTH AND FITNESS LEVEL; (1.4) TO EXPLAIN AND DISCUSS THE NATIONAL GOALS AND RECOMMENDATIONS FOR PHYSICAL ACTIVITY, EXERCISE, OR BOTH, FOR ADOLESCENTS; TO DEFINE AND EXPLAIN THE STAGES OF THE FITNESS CONTINUUM</b>
	Activities: <ul style="list-style-type: none"> <li>* <b>LIST AND DEFINE VOCABULARY TERMS FOR CHAPTER 1.</b></li> <li>* <b>SILENTLY READ SECTION 3 AND 4</b></li> <li>* <b>WRITE DOWN FOUR (4) FACTS ABOUT THE SECTIONS</b></li> <li>* <b>DISCUSS SECTIONS WITH CLASS</b></li> <li>* <b>SECTION REVIEW FOR SECTION 2</b></li> </ul>
	Materials: <b>TEXTBOOK, NOTEBOOK, HANDOUTS</b>
	Follow Up/HW: <b>ACTIVE MIND/ACTIVE BODY ACTIVITIES AS MAKE-UP FOR ABSENCES AND NON-DRESSERS</b>
Tuesday	Objective:
	Activities: <ul style="list-style-type: none"> <li><b>1. ROLL CALL</b></li> <li><b>2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM – UP ACTIVITY</b></li> <li><b>3. LAB 3 (PARTS OF FITNESS)</b></li> </ul>
	Materials: <b>ROLL SHEET, UNIFORM, LAB BOOKLET</b>
	Follow Up/HW: <b>ONE MILE RUN</b>
Wed/Thur	Objective: <b>STUDENTS WILL ACTIVELY PARTICIPATE IN CARDIOVASCULAR ENDURANCE ACTIVITIES.</b>
	Activities: <b>1. ROLL CALL</b> <b>2. CARDIOVASCULAR AND MUSCLE/SKELETAL WARM-UP</b> <b>3. CIRCUIT TRAINING</b> <b>4. GROUP ACTIVITY (RECREATIONAL SPORTS: BOTCHY BALL, HORSE SHOES)</b>
	Materials: <b>ROLL SHEETS, UNIFORMS</b>
	Follow Up/HW: <b>ONE MILE RUN</b>
Friday	Objective: <b>(1.3) TO IDENTIFY THE POSITIVE OUTCOMES THAT PHYSICAL ACTIVITY AND EXERCISE CAN HAVE ON HEALTH AND FITNESS LEVEL. (1.4) TO EXPLAIN AND DISCUSS THE NATIONAL GOALS AND RECOMMENDATIONS FOR PHYSICAL ACTIVITY, EXERCISE, OR BOTH, FOR ADOLESCENTS; TO DEFINE AND EXPLAIN THE STAGES OF THE FITNESS CONTINUUM.</b>
	Activities: <ul style="list-style-type: none"> <li>* <b>DISCUSS SECTIONS 3 AND 4 WITH CLASS</b></li> <li>* <b>COMPLETE SECTION REVIEWS AT THE END OF EACH SECTION</b></li> <li>* <b>WRITE DOWN FOUR (4) FACTS ABOUT EACH SECTION</b></li> <li>* <b>GET INTO PAIRS AND DEVELOP TWO OPEN ENDED QUESTIONS TO SHARE WITH CLASS</b></li> <li>* <b>CLASS WILL USE THE QUESTIONS AS PART OF THEIR CHAPTER REVIEW</b></li> </ul>
	Materials: <b>TEXTBOOK, NOTEBOOK, HANDOUTS</b>
	Follow Up/HW: <b>ACTIVE MIND ACTIVE BODY ACTIVITY ON PAGE 15 AND 16</b>