

Lesson Plan Form:

Lifetime Sports

Coach Elkins

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity:</p> <p>Class Roll / SYNERGY</p> <p>Static Stretching as a Class Student or Teacher Led</p> <p>Push-Ups and Sit-Ups</p> <p>Set up Gym for Activity</p> <p>"Sport / Activity"</p>	<p>Activity:</p> <p>Class Roll / SYNERGY</p> <p>Static Stretching as a Class Student or Teacher Led</p> <p>Push-Ups and Sit-Ups</p> <p>Set up Gym for Activity</p> <p>"Sport / Activity"</p>	<p>Activity:</p> <p>Class Roll / SYNERGY</p> <p>Static Stretching as a Class Student or Teacher Led</p> <p>Push-Ups and Sit-Ups</p> <p>Set up Gym for Activity</p> <p>"Sport / Activity"</p>	<p>Activity:</p> <p>Class Roll / SYNERGY</p> <p>Static Stretching as a Class Student or Teacher Led</p> <p>Push-Ups and Sit-Ups</p> <p>Set up Gym for Activity</p> <p>"Sport / Activity"</p>	<p>Activity:</p> <p>Class Roll / SYNERGY</p> <p>Static Stretching as a Class Student or Teacher Led</p> <p>Push-Ups and Sit-Ups</p> <p>Set up Gym for Activity</p> <p>"Sport / Activity"</p>
<p>Standards:</p> <p>PEHS.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>PEHS.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>PEHS.3 Participates regularly in physical activity</p> <p>PEHS.4 Achieves and maintains a health-enhancing level of physical fitness.</p> <p>PEHS.5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>Standards:</p> <p>PEHS.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>PEHS.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>PEHS.3 Participates regularly in physical activity</p> <p>PEHS.4 Achieves and maintains a health-enhancing level of physical fitness.</p> <p>PEHS.5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>Standards:</p> <p>PEHS.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>PEHS.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>PEHS.3 Participates regularly in physical activity</p> <p>PEHS.4 Achieves and maintains a health-enhancing level of physical fitness.</p> <p>PEHS.5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>Standards:</p> <p>PEHS.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>PEHS.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>PEHS.3 Participates regularly in physical activity</p> <p>PEHS.4 Achieves and maintains a health-enhancing level of physical fitness.</p> <p>PEHS.5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>Standards:</p> <p>PEHS.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>PEHS.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>PEHS.3 Participates regularly in physical activity</p> <p>PEHS.4 Achieves and maintains a health-enhancing level of physical fitness.</p> <p>PEHS.5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>

<p>Essential Question:</p> <p>Describe how self-control can effect you as a person and your ability to perform at a high level?</p>	<p>Essential Question:</p> <p>What are the Safety Principles in the Gym?</p>	<p>Essential Question:</p> <p>How can participating in low impact sports improve your quality of living throughout the course of your life? Explain.</p>	<p>Essential Question:</p> <p>How can participation in sports apply to a person's social development?</p>	<p>Essential Question:</p> <p>Describe how self-control can effect you as a person and your ability to perform at a high level?</p>
<p>Differentiation:</p> <p>Adjust physical activity as necessary for individual physical needs and or skill level</p>	<p>Differentiation:</p> <p>Adjust physical activity as necessary for individual physical needs and or skill level</p>	<p>Differentiation:</p> <p>Adjust physical activity as necessary for individual physical needs and or skill level</p>	<p>Differentiation:</p> <p>Adjust physical activity as necessary for individual physical needs and or skill level</p>	<p>Differentiation:</p> <p>Adjust physical activity as necessary for individual physical needs and or skill level</p>
<p>Assessment:</p> <p>Participation in the Warm-Up, Core Training, and Tournament Game Appropriately</p>	<p>Assessment:</p> <p>Participation in the Warm-Up, Core Training, and Tournament Game Appropriately</p>	<p>Assessment:</p> <p>Participation in the Warm-Up, Core Training, and Tournament Game Appropriately</p>	<p>Assessment:</p> <p>Participation in the Warm-Up, Core Training, and Tournament Game Appropriately</p>	<p>Assessment:</p> <p>Participation in the Warm-Up, Core Training, and Tournament Game Appropriately</p>