

**Lesson Plan Form:**

**Lifetime Sports**

**Coach Elkins**

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

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