

WEEKLY LESSON PLANS

Teacher: SOUTHWELL/PINKHAM/HUBER

Course: HOPE

Period(s): 1,2,3,4, and 6

Week of: Sept 21

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Unit Learning Goals</u>	Understand the basic components of physical fitness and health				
<u>Daily Learning Goal</u>	Understand Class Procedures and Expectations	Apply strategies for self-improvement based on individual strengths and needs	Apply strategies for self-improvement based on individual strengths and needs	Understand the basic components of physical fitness and health	Understand the basic components of physical fitness and health
<u>Strategies</u>					
<u>Marzano Elements</u>					
<u>Activities:</u>	<p>Students need to be working in www.edgenuity.com for 40 minutes, and completing necessary assignments, vocabulary, quizzes and topic tests.</p> <p style="text-align: center;">CLASSROOM</p>	<p style="text-align: center;">Walk/Jog</p> <p style="text-align: center;">Push up test and sit up test</p> <p style="text-align: center;">GYM</p>	<p style="text-align: center;">4 laps on the track-walk/jog/run</p> <p style="text-align: center;">GYM</p>	<p>Students need to be working in www.edgenuity.com for 40 minutes, and completing necessary assignments, vocabulary, quizzes and topic tests.</p> <p style="text-align: center;">CLASSROOM</p>	<p>Students need to be working in www.edgenuity.com for 40 minutes, and completing necessary assignments, vocabulary, quizzes and topic tests.</p> <p style="text-align: center;">CLASSROOM</p>

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<u>Classwork / Homework</u>					
<u>Standards or Frameworks:</u>					