

WEEKLY LESSON PLANS

Teacher: SOUTHWELL/PINKHAM/HUBER

Course: HOPE

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

Week of: Sept 28

| | <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 | Apply strategies for self-improvement based on individual strengths and needs | 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>Fitness Activity 4 laps on the track</p> <p style="text-align: center;">GYM</p> | <p>Fitness Activity Small gym- walk/jog with fitness cards for exercises</p> <p style="text-align: center;">GYM</p> | <p>Fitness Activity - Walk/jog track - Walk curves, jog straightaways</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> |

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