**Teacher: Prochazka Week 20 Subject: Physical Education Unit: Baseball**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | OBJECTIVES | FITNESS DEVELOPMENT ACTIVITIES | LESSON ACTIVITIES | EVAL | STANDARDS |
| MON | By the end of this lesson, students will utilize computer technology to access instructional reading material regarding playing Baseball. Students will apply skills learned to a game if access to a partner, ball, and area to play is available. | Static Stretching, Calisthenics and Cardio:  Warmup- Watch warmup video or warmup on their own.  Workout-Various exercise including squats, pushups, crunches, bicycles, lunges, high knees, hip raises, wall squats, planks, kickbacks, jumping jacks, sit-ups. | Lesson Activity: Read the lesson labeled "Baseball -Read It". If student is able, apply skills to play a Baseball game. |  | 7-3.4, 7-1.2, 7-1.3, 7-1.4, 7-1.5, 7-1.10  8-3.4, 8-1.2, 8-1.3, 8-1.4, 8-1.5, 8-1.10 |
| TUE | By the end of this lesson, students will utilize computer technology to access instructional reading material regarding playing Baseball. Students will apply skills learned to a game if access to a partner, ball, and area to play is available. | Static Stretching, Calisthenics and Cardio:  Warmup- Watch warmup video or warmup on their own.  Workout-Various exercise including squats, pushups, crunches, bicycles, lunges, high knees, hip raises, wall squats, planks, kickbacks, jumping jacks, sit-ups. | Lesson Activity:  Watch Baseball Youtube " video. Review "Baseball- Review It" lesson. If student is able, apply skills to play a two-square game. |  | 7-3.4, 7-1.2, 7-1.3, 7-1.4, 7-1.5, 7-1.10  8-3.4, 8-1.2, 8-1.3, 8-1.4, 8-1.5, 8-1.10 |
| WED | By the end of this lesson, students will utilize computer technology to access instructional reading material regarding playing Baseball. Students will apply skills learned to a game if access to a partner, ball, and area to play is available. | Static Stretching, Calisthenics and Cardio:  Warmup- Watch warmup video or warmup on their own.  Workout-Various exercise including squats, pushups, crunches, bicycles, lunges, high knees, hip raises, wall squats, planks, kickbacks, jumping jacks, sit-ups. | Lesson Activity:  Watch Baseball Youtube " video. Review "Baseball- Review It" lesson. If student is able, apply skills to play a two-square game. |  | 7-3.4, 7-1.2, 7-1.3, 7-1.4, 7-1.5, 7-1.10  8-3.4, 8-1.2, 8-1.3, 8-1.4, 8-1.5, 8-1.10 |
| THUR | By the end of this lesson, students will utilize computer technology to access instructional reading material regarding playing Baseball. Students will apply skills learned to a game if access to a partner, ball, and area to play is available. | Static Stretching, Calisthenics and Cardio:  Warmup- Watch warmup video or warmup on their own.  Workout-Various exercise including squats, pushups, crunches, bicycles, lunges, high knees, hip raises, wall squats, planks, kickbacks, jumping jacks, sit-ups. | Lesson Activity:  Watch Baseball Youtube " video. Review "Baseball- Review It" lesson. If student is able, apply skills to play a two-square game. |  | 7-3.4, 7-1.2, 7-1.3, 7-1.4, 7-1.5, 7-1.10  8-3.4, 8-1.2, 8-1.3, 8-1.4, 8-1.5, 8-1.10 |
| F  R  I | By the end of this lesson, students will utilize computer technology to access instructional reading material regarding playing Baseball. Students will apply skills learned to a game if access to a partner, ball, and area to play is available. | Static Stretching, Calisthenics and Cardio:  Warmup- Watch warmup video or warmup on their own.  Workout-Various exercise including squats, pushups, crunches, bicycles, lunges, high knees, hip raises, wall squats, planks, kickbacks, jumping jacks, sit-ups. | -Online Test-  -Stretching  - Free Play Friday- your choice of activity- Walking, jogging, jump rope, basketball, trampoline, dancing, or two-square | Online Test-  Baseball | 7-3.4, 7-1.2, 7-1.3, 7-1.4, 7-1.5, 7-1.10  8-3.4, 8-1.2, 8-1.3, 8-1.4, 8-1.5, 8-1.10 |