**Teacher: Prochazka Week: Spring Break E-Learning Subject: Physical Education Unit: Workouts**

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|  | 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 workouts. 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 "Workouts -Read It". Answer the one question at the end of the article. | Submit answer to question at end of article. | 7-3.4, 7-3.3, 7-3.7, 7-3.10  8-3.4, 8-3.3, 8-3.7, 8-3.10 |
| TUE | By the end of this lesson, students will utilize computer technology to access instructional reading material regarding workouts. 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: If not done so already, read the lesson labeled "Workouts -Read It". Answer the one question at the end of the article. | Submit answer to question at end of article. | 7-3.4, 7-3.3, 7-3.7, 7-3.10  8-3.4, 8-3.3, 8-3.7, 8-3.10 |
| WED | SPRING BREAK! |  |  |  |  |
| THUR | SPRING BREAK! |  |  |  |  |
| F  R  I | SPRING BREAK! |  |  |  |  |