**Teacher: Prochazka Week 21 Subject: Physical Education Unit: Daily 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 material to follow for daily warmups and workouts.  | 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: No lesson to read and be tested on this week  |  | 7-3.4, 7-1.8, 7-1.9, 8-1.10, 7-1.11, 7-2.6, 7-2.78-3.4, 8-1.8, 8-1.9, 8-1.10, 8-1.11, 8-2.6, 8-2.7 |
|  TUE | By the end of this lesson, students will utilize computer technology to access instructional material to follow for daily warmups and workouts.  | 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: No lesson to read and be tested on this week  |  | 7-3.4, 7-1.8, 7-1.9, 8-1.10, 7-1.11, 7-2.6, 7-2.78-3.4, 8-1.8, 8-1.9, 8-1.10, 8-1.11, 8-2.6, 8-2.7 |
|  WED | By the end of this lesson, students will utilize computer technology to access instructional material to follow for daily warmups and workouts.  | 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: No lesson to read and be tested on this week  |  | 7-3.4, 7-1.8, 7-1.9, 8-1.10, 7-1.11, 7-2.6, 7-2.78-3.4, 8-1.8, 8-1.9, 8-1.10, 8-1.11, 8-2.6, 8-2.7 |
|  THUR | By the end of this lesson, students will utilize computer technology to access instructional material to follow for daily warmups and workouts.  | 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: No lesson to read and be tested on this week  |  | 7-3.4, 7-1.8, 7-1.9, 8-1.10, 7-1.11, 7-2.6, 7-2.78-3.4, 8-1.8, 8-1.9, 8-1.10, 8-1.11, 8-2.6, 8-2. |
|  FRI | By the end of this lesson, students will utilize computer technology to access instructional material to follow for daily warmups and workouts.  | 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: No lesson to read and be tested on this week  |  | 7-3.4, 7-1.8, 7-1.9, 8-1.10, 7-1.11, 7-2.6, 7-2.78-3.4, 8-1.8, 8-1.9, 8-1.10, 8-1.11, 8-2.6, 8-2.7 |