**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, 7-2.7  8-3.4, 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, 7-2.7  8-3.4, 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, 7-2.7  8-3.4, 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, 7-2.7  8-3.4, 8-1.8,  8-1.9, 8-1.10,  8-1.11, 8-2.6, 8-2. |
| F  R  I | 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, 7-2.7  8-3.4, 8-1.8,  8-1.9, 8-1.10,  8-1.11, 8-2.6, 8-2.7 |