**WEEKLY LESSON PLAN**

Teacher: **McIntire**  Subject: **Physical Education 7 & 8** Dates: **August 14 – 19, 2012** Week**: 1**

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| **MONDAY 8-13-12**  **Teacher’s First Day** |  |
| **TUESDAY 8-14-12**  **Physical Education**  Student’s First Day (meet in classroom)   * Expectations/Procedures, Grading   **BMI**:   * Measure Height and Weight   **Warm-ups:**   * Stretching (hamstrings, arms, etc) * Ab workout (3 sets of 10 each) * Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)   **Physical Fitness Testing:**     * Sit-ups for 1 minute and record | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **WEDNESDAY 8-15-12**  **Physical Education:**  **Warm-ups:**   * Stretching (hamstrings, arms, etc) * Ab workout (3 sets of 10 each) * Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)   **Physical Fitness Testing:**   * Mile Timed and Recorded | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **THURSDAY 8-16-12**  **Physical Education**  **Warm-ups:**   * Stretching (hamstrings, arms, etc) * Ab workout (3 sets of 10 each) * Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)   **Physical Fitness Testing:**   * Shuttle Run * Flex-arm hang * Push-ups | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **FRIDAY 8-17-12**  **Physical Education**  **Warm-ups:**   * Stretching (hamstrings, arms, etc) * Ab workout (3 sets of 10 each) * Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)   **Physical Fitness Testing:**     * Maximum Bench Press | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
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**WEEKLY LESSON PLAN**

Teacher: **McIntire** Subject: **Physical Education 7 & 8** Dates: **August 20 – 25, 2011** Week**: 2**

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| **MONDAY 8-22-11**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room**  Go through rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **TUESDAY 8-23-11**  **Physical Education: Soccer --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Soccer Games** Review Rules: Throw in side out **---** Goalie ball for endline  Divide into small groups and play.  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room**  Go through rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  **8.3.1**  **8.3.2**  **8.3.5**  **8.3.7**  **8.4.1**  **8.4.2**  **8.5.1**  **8.5.2**  **8.5.3**  **8.6.1**  **8.6.2**  **8.6.3**  **8.6.4** |
| **WEDNESDAY 8-24-11**  **Physical Education: Fitness Games-----Ultimate Frisbee**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Ultimate Frisbee:** Review Rules:  Divide into small groups and play. | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **THURSDAY 8-25-11**  **Physical Education: Soccer --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Soccer Games** | **Standards:**  **8.3.1**  **8.3.2**  **8.3.5**  **8.3.7**  **8.4.1**  **8.4.2**  **8.5.1**  **8.5.2**  **8.5.3**  **8.6.1**  **8.6.2**  **8.6.3**  **6.6.4** |
| **FRIDAY 8-26-11**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room**  Go through rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |

**WEEKLY LESSON PLAN**

Teacher: **McIntire**  Subject: **Physical Education 7 & 8** Dates: **August 27 –August 31, 2012** Week**: 3**

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| **MONDAY 8-27-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room**  Go through rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **TUESDAY 8-28-12**  **Physical Education: Soccer --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Soccer Games** | **Standards:**  **8.3.1**  **8.3.2**  **8.3.5**  **8.3.7**  **8.4.1**  **8.4.2**  **8.5.1**  **8.5.2**  **8.5.3**  **8.6.1**  **8.6.2**  **8.6.3**  **6.6.4** |
| **WEDNESDAY 8-29-12**  **Physical Education: Fitness Games-----Ultimate Frisbee**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Ultimate Frisbee:** Review Rules:  Divide into small groups and play. | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |
| **THURSDAY 8-30-12**  **Physical Education: Soccer --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Soccer Games** | **Standards:**  **8.3.1**  **8.3.2**  **8.3.5**  **8.3.7**  **8.4.1**  **8.4.2**  **8.5.1**  **8.5.2**  **8.5.3**  **8.6.1**  **8.6.2**  **8.6.3**  **6.6.4** |
| **FRIDAY 8-31-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room**  Go through rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  **8.1.1**  **8.2.1**  **8.2.2**  **8.3.1**  **8.3.2**  **8.3.4**  **8.3.5** |

**Weekly Lesson Plan Form**

Teacher: **McIntire**  Subject: **Physical Education 7 & 8** Dates: **Sept. 3 - 7, 2012** Week**: 4**

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| **MONDAY 9-3-12**  **Labor Day --- No School** |  |
| **TUESDAY 9-4-12**  **Physical Education**  **Soccer --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Soccer Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **WEDNESDAY 9-5-12**  **Physical Education: Dots Testing (agility)**  **Fitness Games-----**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Ultimate Frisbee:** Review Rules:  Divide into small groups and play. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **THURSDAY 9-6-12**  **Physical Education: Soccer--- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Football (Flick-a-ball) Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **FRIDAY 9-7-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room**  Go through rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |

**Weekly Lesson Plan Form**

Teacher: **McIntire**  Subject: **Physical Education** Dates: **Sept. 10 – 14, 2012** Week**: 5**

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| **MONDAY 9-10-12**  **Physical Education**  **Football (Flick-a-ball) --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Soccer Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **TUESDAY 9-11-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Record**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room—Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **WEDNESDAY 9-11-12**  **Physical Education: Timed Mile for recording**  **Fitness Day**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Ultimate Frisbee:** Review Rules:  Divide into small groups and play. (If time allows) | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **TUESDAY 9-12-12**  **Physical Education**  **Football (Flick-a-ball) --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Soccer Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **MONDAY 9-13-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room –Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |

**Weekly Lesson Plan Form**

Teacher: **McIntire**  Subject: **Physical Education** Dates: **Sept. 17-21, 2012** Week**: 6**

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| **MONDAY 9-17-12**  **Physical Education**  **Football (Flick-a-ball) --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Flick-a-ball Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **TUESDAY 9-18-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Record**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room—Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **WEDNESDAY 9-19-12**  **Physical Education: Timed agility times**  **Fitness Day** Dots Out/In 30 seconds  Side to side  Front to back  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **THURSDAY 9-20-12**  **Physical Education**  **Football (Flick-a-ball) --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Flick-a-ball Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **FRIDAY 9-21-12**  **Shorten Schedule: Goal Sheet for PE Fitness**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room –Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |

**Weekly Lesson Plan Form**

Teacher: **McIntire**  Subject: **Physical Education** Dates: **Sept. 24-28, 2012** Week**: 7**

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| **MONDAY 9-24-12**  **Physical Education**  **Football (Flick-a-ball) --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Flick-a-ball Games** | | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **TUESDAY 9-25-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Record**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room—Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **WEDNESDAY 9-26-12**  **Physical Education: Timed ½ mile jog**  **Fitness Day Ultimate Frisbee after ½ mile**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **THURSDAY 9-27-12**  **Physical Education**  **Football (Flick-a-ball) --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Continue Flick-a-ball Games** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **FRIDAY 9-28-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room –Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |

**Weekly Lesson Plan Form**

Teacher: **McIntire**  Subject: **Physical Education** Dates: **October 1-5, 2012** Week**: 8**

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| **MONDAY 10-1-12**  **Physical Education**  **Relays with FB dummy --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **TUESDAY 10-2-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Record**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room—Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **WEDNESDAY 10-3-12**  **Physical Education: Ultimate Frisbee**  **Fitness Day Timed Mile for final 9 weeks**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **THURSDAY 10-4-12**  **Physical Education**  **Student’s chose activity-- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **FRIDAY 9-28-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room –Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |

**Weekly Lesson Plan Form**

Teacher: **McIntire**  Subject: **Physical Education** Dates: **October 8-12, 2012** Week**: 9**

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| **MONDAY 10-8-12**  **Physical Education**  **Physical Fitness Testing: Shuttle Run, RHR**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **TUESDAY 10-9-12**  **Physical Education: Weight Room/Conditioning --- Keep them moving!**  **Record**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.)  **Weight Room—Always stress safety**  Reinforce rules & procedures of the weight room. Walk through each exercise station covering the techniques and the muscles that each exercise works. We will split into groups of 2-3 and do a circuit training program. | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **WEDNESDAY 10-10-12**  **Physical Education: Ultimate Frisbee**  **Fitness Day Make up Timed Mile for final 9 weeks**  **Warm-ups:** Stretching (hamstrings, arms, etc)  Ab workout (3 sets of 10 each)  Planks / Push-ups / Plyometrics (high knees, butt kicks, jumps, etc.) | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |
| **THURSDAY 10-11-12**  **Physical Education Review for Final Exam** | **Standards:**  8.3.1 8.3.2 8.3.5  8.3.7 8.4.1 8.4.2  8.5.1 8.5.2 8.5.3  8.6.1 8.6.2 8.6.3  8.6.4 |
| **FRIDAY 10-12-12**  **Physical Education: Written Final Exam** | **Standards:**  8.1.1 8.2.1 8.2.2  8.3.1 8.3.2 8.3.4  8.3.5 |