**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 8.3.48.3.5 |
| **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 8.2.28.3.1 8.3.2 8.3.48.3.5 |

**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 8.2.28.3.1 8.3.2 8.3.48.3.5 |
| **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 8.3.48.3.5 |
| **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 8.2.28.3.1 8.3.2 8.3.48.3.5 |

**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 8.2.28.3.1 8.3.2 8.3.48.3.5 |
| **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 8.2.28.3.1 8.3.2 8.3.48.3.5 |

**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 8.2.28.3.1 8.3.2 8.3.48.3.5 |
| **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 8.2.28.3.1 8.3.2 8.3.48.3.5 |

**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 8.2.28.3.1 8.3.2 8.3.48.3.5 |
| **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 8.2.28.3.1 8.3.2 8.3.48.3.5 |

**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 8.2.28.3.1 8.3.2 8.3.48.3.5 |
| **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 8.2.28.3.1 8.3.2 8.3.48.3.5 |