

Name: Hjalmarson, Robbins, Stebbins		Grading Quarter: 1st	Week Beginning: WK 12 10/21/24
		Subject: Weightlifting/Physical Education	
M o n d a y	Notes: Clipboards Pencils	<p><b>Objective:</b> Understand how to cooperate with fellow teammates by <b>recognizing</b> their strengths and their weaknesses.</p> <p><b>Lesson Overview: Physical Education</b></p> <p><b>Assignment-</b> Volleyball</p> <p><b>Offense:</b> Setter. Right Hitter Middle Hitter Left Hitter. Libero</p> <p><b>Defense:</b> Different Positioning Practice. Serving Setting Bumping winning</p> <p><b>Lesson Overview: Physical Education</b></p> <p><b>Pickleball-</b> forehand, backhand, serves, basic rules, partner play, rally scoring</p> <p><b>Assignment-Pickleball Doubles</b></p> <p><b>Objective:</b> SWBAT <b>Understand</b> how to properly lift weights by <b>recalling</b> the teacher’s instructions.</p> <p><b>Lesson Overview: Weightlifting/Safety</b></p> <p><b>Intro to basic lifting techniques for various exercises such as:</b></p> <p><b>Squat</b></p> <p><b>Deadlift</b></p> <p><b>Safety Talk</b> with students on cleaning up properly, spotting a partner, etc...</p>	Academic Standards: S1.M2, S1 M3, S1 M4, S1 M5, S1 M6, S1 M7, S1 M8, S1 M9, S1 M10, S1 M11, S1 M22, S2 M2, S2 M3, S2 M4, S2 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5 M6
	Notes: Focus on Cooperation, Communication	<p><b>Objective:</b> Understand how to correctly play “Ultimate Football” or “Pickleball” by <b>listening and recalling</b> teacher instructions.</p> <p><b>Lesson Overview:</b> Incorporating life skills such as: Listening, Social Etiquette, Cooperation, Teamwork, Problem Solving</p> <p><b>Assignment-</b> Volleyball or Pickleball</p>	Academic Standards: S1.M2, S1 M3, S1 M4, S1 M5, S1 M6, S1 M7, S1 M8, S1 M9, S1 M10, S1 M11, S1 M22, S2 M2, S2 M3, S2 M4, S2 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5 M6
T u e s d a y	<p><b>Materials Needed:</b> Cones Footballs</p>		

W e d n e s d a y	Notes: Clipboards, Pencils	<p><b>Objective:</b> Understand how to cooperate with fellow teammates by <b>recognizing</b> their strengths and their weaknesses.</p> <p><b>Lesson Overview: Physical Education</b></p> <p><b>Assignment-</b> Flag Football Positions and their jobs-</p> <p><b>Offense:</b> Center, Running Backs, Receivers, Quarterback</p> <p><b>Defense</b> Different Positioning Setting Bumping Hitting Spiking</p> <p><b>Lesson Overview: Physical Education</b></p> <p><b>Pickleball-</b> forehand, backhand, serves, basic rules, partner play, rally scoring</p> <p><b>Assignment-Pickleball Doubles</b></p> <p><b>Objective:</b> SWBAT Understand how to properly lift weights by <b>recalling</b> the teacher’s instructions.</p> <p><b>Lesson Overview: Weightlifting/Safety</b></p> <p><b>Intro to basic lifting techniques for various exercises such as:</b></p> <p><b>Squat</b></p> <p><b>Deadlift</b></p> <p><b>Safety Talk</b> with students on cleaning up properly, spotting a partner, etc...</p>	Academic Standards: S1.M2, S1 M3, S1 M4, S1 M5, S1 M6, S1 M7, S1 M8, S1 M9, S1 M10, S1 M11, S1 M22, S2 M2, S2 M3, S2 M4, S2 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5 M6
T h u r s d a y	Notes: Focus on Cooperation, Communication  <b>Materials Needed:</b> Cones Footballs	<p><b>Objective:</b> Understand how to correctly play Volleyball by <b>listening and recalling</b> teacher instructions.</p> <p><b>Lesson Overview:</b> Incorporating life skills such as: Listening, Social Etiquette, Cooperation, Teamwork, Problem Solving</p> <p><b>Assignment-</b> Volleyball Games</p>	Academic Standards: S1.M2, S1 M3, S1 M4, S1 M5, S1 M6, S1 M7, S1 M8, S1 M9, S1 M10, S1 M11, S1 M22, S2 M2, S2 M3, S2 M4, S2 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M5, S2 M6, S2 M13, S4 M1, S4 M2, S4 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5 M6
F r i d a y	Notes: Materials Needed: Computers	<p><b>Objective:</b> SWBAT- Make S.M.A.R.T. Goals in Canvas and start creating or designing their own specific weightlifting routine according to their own goals.</p> <p><b>Lesson Overview:</b> On Canvas students will start designing their own workout routines. They can research and then apply concepts into their workout.</p>	Academic Standards: S1.H3.L1 S1.H3.L2 S2.E3, S2.M12 S2.M12

