

Health/Physical Education & Weight Training
Mr. Gabe Walker – Lesson Plans for April 15-19, 2024

HEALTH & PHYSICAL FITNESS		MT STANDARDS	WEIGHT TRAINING	MT STANDARDS
Mon 4/15	<ul style="list-style-type: none"> • Objective: Swimming Unit at YMCA • Students will learn the fundamentals, techniques, & fitness it takes to do this lifelong activity. • 8 min. Bus to YMCA, Change Out • 20 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	1,2,5	<ul style="list-style-type: none"> • Objective: Complete Workout – • Workout 'A' 4x5+ Auxiliaries 3x10 • 8 min. Run/warmup and Stretch • 30 min. Complete Assigned Workout • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly 	1,2,5
Tues 4/16	<ul style="list-style-type: none"> • Objective: Swimming Unit at YMCA • Students will learn the fundamentals, techniques, & fitness it takes to do this lifelong activity. • 8 min. Bus to YMCA, Change Out • 20 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	1,2,5	<ul style="list-style-type: none"> • Objective: Complete Workout – • Workout 'B' 4x5+ Auxiliaries 3x10 • 8 min. Run/warmup and Stretch • 30 min. Complete Assigned Workout • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly 	1,2,5
Wed 4/17	<ul style="list-style-type: none"> • Objective: Swimming Unit at YMCA • Students will learn the fundamentals, techniques, & fitness it takes to do this lifelong activity. • 8 min. Bus to YMCA, Change Out • 20 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	1,2,5	<ul style="list-style-type: none"> • Objective: Complete Workout – • Workout 'C' 4x5+ Auxiliaries 3x10 • 8 min. Run/warmup and Stretch • 30 min. Complete Assigned Workout • 8 min. Stretch, Finish, and clean up • Assessment: participation, completion of fundamental skills, fill out log book correctly 	1,2,5
Thurs 4/18	<ul style="list-style-type: none"> • Objective: Swimming Unit at YMCA • Students will learn the fundamentals, techniques, & fitness it takes to do this lifelong activity. 	1,2,5	<ul style="list-style-type: none"> • Objective: Complete Workout – • Workout 'D' 4x5+ Auxiliaries 3x10 • 8 min. Run/warmup and Stretch • 30 min. Complete Assigned Workout • 8 min. Stretch, Finish, and clean up 	1,2,5

	<ul style="list-style-type: none"> • 8 min. Bus to YMCA, Change Out • 20 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out <p>Assessment: Complete fundamental skills, teamwork, and participation.</p>	<p>1,2,5</p>	<ul style="list-style-type: none"> • Assessment: participation, completion of fundamental skills, fill out log book correctly 	<p>1,2,5</p>
<p>Fri 4/19</p>	<ul style="list-style-type: none"> • Objective: Lacrosse Activity – Skills/Drills • Students will learn the rules, strategy, & fitness it takes to play this activity. • 10 min. Run/Warm up/Stretch • 30 min. Begin basic skills: rules, terminology, strategy, teamwork, & competition. • 8 min. Shower and Change Out • Assessment: Complete fundamental skills, teamwork, and participation. 	<p>1,2,5</p>	<ul style="list-style-type: none"> • Objective: Yoga Flexibility • 8 min. Run/warmup and Stretch • 20 min. Yoga Flexibility • 8 min. Stretch, Finish, and clean up <p>Assessment: participation, completion of fundamental skills, fill out log book correctly.</p>	<p>1,2,5</p>

Plan your work. Work your plan. Have fun staying fit!