






## Lesson Planner

Date: April 3,17

Lesson: Fitness Day 1

Grade: 9 & 10

Period 1 & 2

⊖ Movement 	⊖ Fitness Management 	⊖ Safety 	⊖ Personal and Social Management 	⊖ Healthy Lifestyle Practices 

### ***Entry Routine – Time: Prior to start of class***

- Students sign up with their initials on a clip board
- Check the Poster for the daily lesson, Physical Education specific announcements, and an activity to start playing until the class starts
- Review the success criteria and learning intentions of that unit located on the white board
- Walk past the word wall/ infographics space in the gymnasium to look over new terminology

### ***Pre-Class***

- Skipping Rope Tricks and Games

### ***Warm-up - Time: 10 min***

- One Direction Line Tag – Line tag with everyone facing the current at all times.

### ***Activating Activity (Entry Activity) - Warm-up - Time: 15 min***

- **Learning/Teach Strategies**
  - Word Wall - Practice Movements and Technique
- **Teach Notes**
  - Students Spread on BBall Baseline and Volleyball Endline
  - Invite students up to demo and practice along with them
  - Movements: Push Ups, Squat, Lunge, Sit Up, Plank, Mountain Climber

### ***Acquiring Activity - Time: 25 min***

- **Learning/Teach Strategies**
  - Dutch Blitz Workout – multiple games

# Fitness Lesson Plans Elementary

**RC Schank**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

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