

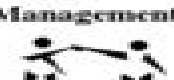
## Lesson Planner

Date: April 3,17

Lesson: Fitness Day 1

Grade: 9 & 10

Period 1 & 2

| ⊖ Movement<br> | ⊖ Fitness Management<br> | ⊖ Safety<br> | ⊖ Personal and Social Management<br> | ⊖ Healthy Lifestyle Practices<br> |
|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|                                                                                                 |                                                                                                           |                                                                                                |                                                                                                                         |                                                                                                                      |
|                                                                                                 |                                                                                                           |                                                                                                |                                                                                                                         |                                                                                                                      |
|                                                                                                 |                                                                                                           |                                                                                                |                                                                                                                         |                                                                                                                      |
|                                                                                                 |                                                                                                           |                                                                                                |                                                                                                                         |                                                                                                                      |

### *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

**Yijin Wang**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

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