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| **Teacher Name**  | **Essie Washington**  | **Unit Name**  | **Class Orientation**  |
| **Course**  | **Physical Education Skill Base**  | **Dates**  | **August 22-26**  |

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| Monday | Daily Objective: Introduction to Physical Education – Skill Base Activities* Explain rules and procedure for physical education classes.
* Go over class syllabus, assign lockers, and give class orientation.

Develop an appropriate conditioning program for the selected sport. **IS.1B** Consistently perform skills and strategies and follow rules at a basic level of competency. **IS.2D** correctly Identify the critical elements for successful performance of a sport skill. 1. Do Now- (15-20 minutes) Learning Activities: Students will share with class something about themselves.Teacher Preparation: prepare Questionnaire for Getting to Know you activity.Since we will be working closely together this school year, take a moment to introduce yourself. What are your likes, dislikes, do you have any siblings, what did you do this summer, what are your goals this school year, do you have any fears entering high school? These are just some ideas to get you started. Please feel free to share what you want with your classmates.Hello, My Name Is……2. Direct Instruction (15-20 Minutes)Learning Activities: Students will share with class something about themselves.Teacher Preparation: prepare Questionnaire for Getting to Know you activity.3. Guided Practice (15 Minutes)* 4. Exit Ticket (5 minutes) Ask students to explain how physical activity can help them stay healthy throughout their lifetime.
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| **Tuesday**  | **Daily Objective:**  Introduction to Physical Education – Skill Base Activities* Explain rules and procedure for physical education classes.
* Go over class syllabus, assign lockers, and give class orientation.

Develop an appropriate conditioning program for the selected sport. **IS.1B** Consistently perform skills and strategies and follow rules at a basic level of competency. **IS.2D** correctly Identify the critical elements for successful performance of a sport skill.   . Do Now- Warm -Up (7-10 Minutes)**Formative Assessment:**  Class Orientation, assign lockers.**Modifications:****Intervention:** **Extension:** **Follow-Up/Homework:**   |
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| **Wednesday/Thursday**  | **Daily Objective:**  Pre-Assessment.Develop an appropriate conditioning program for the selected sport. **IS.1B** Consistently perform skills and strategies and follow rules at a basic level of competency. **IS.2D** correctly Identify the critical elements for successful performance of a sport skill. **Agenda with Approximate Time Limits:**  **Formative Assessment:**  Pre-Assessment/Design PE Sportfiolio**Modifications:****Intervention:** **Extension:** **Follow-Up/Homework:** Bring PE uniform to class Friday.  |
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| **Friday**  | **Daily Objective:** Develop an appropriate conditioning program for the selected sport. **IS.1B** Consistently perform skills and strategies and follow rules at a basic level of competency. **IS.2D** correctly Identify the critical elements for successful performance of a sport skill.  **Agenda with Approximate Time Limits:**  Do Now: Warm Up: (7-10 minutes)1. Agility run
2. Hamstring conditioners
3. Forward lunges
4. High jumper
5. Toe lifts reverse run
6. Step and calf taps
7. Curl and stretch
8. Waist twists
9. Inverted hurdler’s stretch

Direct Instruction (15-20 minutes)Guided Practice (10-15 minutes)Exit Ticket: (5 minutes)**Formative Assessment:**  **Modifications:****Intervention:** **Extension:** **Follow-Up/Homework:** Bring Sportfolio, PE uniform  |