

Name: Hjalmarson, Robbins, Stebbine		Grading Quarter: 1st	Week Beginning: WK 11
School Year: 2024-25		Subject: Weightlifting/Physical Education	
M o n d a y	Notes: Clipboards Pencils	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview: Physical Education</p> <p>Assignment- Volleyball</p> <p>Offense: Setter. Right Hitter Middle Hitter Left Hitter. Libero</p> <p>Defense: Different Positioning</p> <p>Practice. Serving Setting Bumping winning</p> <p>Lesson Overview: Physical Education</p> <p>Pickleball- forehand, backhand, serves, basic rules, partner play, rally scoring</p> <p>Assignment-Pickleball Doubles</p> <p>Objective: SWBAT Understand how to properly lift weights by recalling the teacher's instructions.</p> <p>Lesson Overview: Weightlifting/Safety</p> <p>Intro to basic lifting techniques for various exercises such as:</p> <p>Squat</p> <p>Deadlift</p> <p>Safety Talk with students on cleaning up properly, spotting a partner, etc...</p>	<p>Academic Standards:</p> <p>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</p>
T u e s d a y	Notes: Focus on Cooperation, Communication Materials Needed: Cones Footballs	<p>Objective: Understand how to correctly play "Ultimate Football" or "Pickleball" by listening and recalling teacher instructions.</p> <p>Lesson Overview: Incorporating life skills such as: Listening, Social Etiquette, Cooperation, Teamwork, Problem Solving</p> <p>Assignment- Volleyball or Pickleball</p>	<p>Academic Standards:</p> <p>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</p>

W e d n e s d a y	Notes: Clipboards, Pencils	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview: Physical Education</p> <p>Assignment- Flag Football Positions and their jobs-</p> <p>Offense: Center, Running Backs, Receivers, Quarterback</p> <p>Defense Different Positioning</p> <p>Setting Bumping Hitting Spiking</p> <p>Lesson Overview: Physical Education</p> <p>Pickleball- forehand, backhand, serves, basic rules, partner play, rally scoring</p> <p>Assignment-Pickleball Doubles</p> <p>Objective: SWBAT Understand how to properly lift weights by recalling the teacher's instructions.</p> <p>Lesson Overview: Weightlifting/Safety</p> <p>Intro to basic lifting techniques for various exercises such as:</p> <p>Squat</p> <p>Deadlift</p> <p>Safety Talk 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 Materials Needed: Cones Footballs	<p>Objective: Understand how to correctly play Volleyball by listening and recalling teacher instructions.</p> <p>Lesson Overview: Incorporating life skills such as: Listening, Social Etiquette, Cooperation, Teamwork, Problem Solving</p> <p>Assignment- 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>Objective: 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>Lesson Overview:</p> <p>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

