Name: Hjalmarson, Robbins, Stebbins			Grading Quarter: 1st		Week Beginning: WK 13 10/28/24	
			Subject: Weightlifting/Physical Education			
M o n d a y	Notes: Clipboards Pencils	Lesson Overview Assignment- Vol Offense: Setter. Defense: Differe Practice. Serving Lesson Overview Pickleball- foreh scoring Assignment-Pick Objective: SWBA the teacher's ins Lesson Overview Intro to basic lift Squat Deadlift	veaknesses. v: Physical Education lleyball Right Hitter Middle Hitter ent Positioning g Setting Bumping winning v: Physical Education land, backhand, serves, b kleball Doubles AT Understand how to prostructions. v: Weightlifting/Safety ting techniques for various	Physical Education /ball ght Hitter Middle Hitter Left Hitter. Labero Positioning etting Bumping winning Physical Education d, backhand, serves, basic rules, partner play, rally ball Doubles Understand how to properly lift weights by recalling arctions. S1.M2, S1 M3, S1 M4, 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 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5 M6		
T u e s d a y	Notes: Focus on Cooperation, Communication Materials Needed: Cones Footballs	"Pickleball" by li : Lesson Overviev Etiquette, Coope	ective: Understand how to correctly play "Ultimate Football" or kleball" by listening and recalling teacher instructions. On Overview: Incorporating life skills such as: Listening, Social wette, Cooperation, Teamwork, Problem Solving gnment- Volleyball or Pickleball		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	

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	Notes:		Academic
W e d n e s d a y	Notes: Clipboards, Pencils	Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses. Lesson Overview: Physical Education Assignment- Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense Different Positioning Setting Bumping Hitting Spiking Lesson Overview: Physical Education Pickleball- forehand, backhand, serves, basic rules, partner play, rally scoring Assignment-Pickleball Doubles Objective: SWBAT Understand how to properly lift weights by recalling the teacher's instructions. Lesson Overview: Weightlifting/Safety Intro to basic lifting techniques for various exercises such as: Squat Deadlift Safety Talk with students on cleaning up properly, spotting a partner, etc	Standards: \$1.M2, \$1 M3, \$1 M4, \$1 M5, \$1 M6, \$1 M7, \$1 M8, \$1 M9, \$1 M10, \$1 M11, \$1 M22, \$2 M2, \$2 M3, \$2 M4, \$2 M5, \$2 M6, \$2 M13, \$4 M1, \$4 M2, \$4 M3, \$4 M5, \$2 M6, \$2 M13, \$4 M1, \$4 M2, \$4 M3, \$4 M4, \$4 M5 \$4 M6, \$4 M7, \$5 M6
T h u r s d a y	Notes: Focus on Cooperation, Communication Materials Needed: Cones Footballs	Objective: Understand how to correctly play Volleyball by listening and recalling teacher instructions. Lesson Overview: Incorporating life skills such as: Listening, Social Etiquette, Cooperation, Teamwork, Problem Solving Assignment-Volleyball Games	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	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. Lesson Overview: On Canvas students will start designing their own workout routines. They can research and then apply concepts into their workout.	Academic Standards: S1.H3.L1 S1.H3.L2 S2.E3, S2.M12 S2.M12