

Name: P. Robbins		Grading Quarter: 1st	Week Beginning: 2
School Year: 2023-2024		Subject: Physical Education	
Monday	Notes: Focus on Strength and Balance through Circuit Training Materials Needed: Cones, Medicine Balls, Mats, Kettlebells	Objective: SWBAT- Understand how to correctly perform each exercise at each station by listening and recalling teacher instructions for each station. Lesson Overview: Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station Closure: 1) Which stations promote "Cardiovascular Health"? 2) Name three muscles.	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
Tuesday	Notes: Test Hula Hoops Cones	Objective: Initial written test. Students will cooperate with each other by working together and demonstrating sportsmanship Lesson Overview: Assignment-Objective Pre-Test on Canvas Cooperative Games: Relays, Don't Break the Chain, Human Knot	Academic Standards: S3.M1, S4.M4, S4.M5, S4.M6, S5M3, S5.M4, S5.M6
Wednesday	Notes: Fitness Gram Recording Cones Record Sheets	Objective: Students will understand and demonstrate how to take a heart rate reading by implementing and properly following directions. Lesson Overview: Assignment- Objective Initial Assessment on record keeping from Fitness Gram Worksheet	Academic Standards: S3.M1, S3.M9, S3.M13, S4.M1, S4.M4

Thursday	<p>Notes: Focus on Strength and Balance through Circuit Training</p> <p>Materials Needed: Cones, Medicine Balls, Mats, Kettlebells</p>	<p>Objective: SWBAT- Understand how to correctly perform each exercise at each station by listening and recalling teacher instructions for each station.</p> <p>Lesson Overview: Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station Closure: Exit Ticket: Write down personal goals that you plan to achieve in Physical Education class How will you get to your goal?</p> <p>Lesson Overview: Focus is on Strength, Balance, Body Control</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>
Friday	<p>Notes: Football, Cones, Flags, Clipboards, Pencils</p>	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview: Assignment- Objective Lesson- Intro to Flag Football Invasion Game: Flag Football Preseason Met Con Training</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>

Name: P. Robbins		Grading Quarter: 1st	Week Beginning: 3
School Year: 2023-2024		Subject: Physical Education	
Monday	Notes: Footballs, Cones, Flags, Clipboards, Pencils	Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses. Lesson Overview: Assignment- Objective Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense: Man to Man or Zone Practice Hand Offs, Throwing, Catching	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
Tuesday	Notes: Focus on Form, Strength, and Balance through Circuit Training Materials Needed: Cones, Medicine Balls, Mats, Kettlebells	Objective: Understand how to correctly perform each exercise at each station by listening and recalling teacher instructions for each station. Lesson Overview: Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station	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
Wednesday	Notes: Footballs, Cones, Flags, Clipboards, Pencils	Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses. Lesson Overview: Assignment- Objective Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense: Man to Man or Zone Practice Hand Offs, Throwing, Catching Game: Who has the Dog?	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

Thursday	Notes:	Objective: Lesson Overview:	Academic Standards:
Friday	Notes:	Objective: Lesson Overview:	Academic Standards:

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School Year: 2023-2024		Subject: Physical Education	
M o n d a y	Notes: Footballs, Cones, Flags, Clipboards, Pencils	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview:</p> <p>Assignment- Objective</p> <p>Flag Football Positions and their jobs-</p> <p>Offense: Center, Running Backs, Receivers, Quarterback</p> <p>Defense: Man to Man or Zone</p> <p>Practice Hand Offs, Throwing, Catching</p> <p>Preseason Scrimmage Begins</p> <p>Referee</p> <p>Basic Rules of "Flag Football" are reviewed</p> <p>Team Player Commitments are signed</p> <p>Team Jobs are implemented:</p> <p>Coach, Team Captain, Fitness Trainer, Manager, and Scout</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	<p>Notes: Focus on Form, Strength, and Balance through Circuit Training</p> <p>Materials Needed: Cones, Medicine Balls, Mats, Kettlebells</p>	<p>Objective: Understand how to correctly perform each exercise at each station by listening and recalling teacher instructions for each station.</p> <p>Lesson Overview:</p> <p>Assignment- Objective</p> <p>Explanation and Expectation of each exercise at each station</p> <p>One-minute, clockwise rotation to each station</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	Notes: Footballs, Cones, Flags, Clipboards, Pencils	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview:</p> <p>Assignment- Objective</p> <p>Flag Football Positions and their jobs-</p> <p>Offense: Center, Running Backs, Receivers, Quarterback</p> <p>Defense: Man to Man or Zone</p> <p>Practice Hand Offs, Throwing, Catching</p> <p>Preseason Scrimmage</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>

a y		Fair Play Points are implemented	M5 S4 M6, S4 M7, S5 M6
T h u r s d a y	<p>Notes:</p> <ol style="list-style-type: none"> 1- Cardio Relay 2- Push-Ups 3- Jump Squats on the Trampoline 4- Overhead Press w/Sand Kettlebells 5- Battle Ropes 6- Scooter Fun (belly) 7- Line Hops 8- Squats w/Medicine Ball Slam 9- Sit Ups 	<p>Lesson Overview:</p> <p>Objective: IWBAT: apply 100% effort during “Circuit Training” by understanding how to push myself past my comfort zone.</p> <p>Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station One minute rotation- 3 rounds minimum</p> <p>Materials Needed: Cones, Signs w/description of movement, mats, trampolines, scooters, ropes, kettlebells</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>
F r i d a y	<p>Notes:</p> <p>Materials Needed: Gator Balls, Cones</p>	<p>Objective: IWBAT: understand the proper way to play “Agility Ball” by applying my knowledge of the “Six Skill Related Components of Fitness”.</p> <p>Lesson Overview: Relay Warm-Ups Discuss and Give Examples of each: Agility, Balance, Coordination, Speed, Power, Reaction Time Game: “Agility Ball”</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>

Name: P. Robbins		Grading Quarter: 1st	Week Beginning: 6
School Year: 2023-2024		Subject: Physical Education	
M o n d a y	Notes: Footballs, Cones, Flags, Clipboards, Pencils	Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses. Lesson Overview: Assignment- Objective Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense: Man to Man or Zone Season of "Flag Football" begins	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 u e s d a y	Notes: Focus on Form, Strength, and Balance through Circuit Training Materials Needed: Cones, Medicine Balls, Mats, Kettlebells	Objective: Understand how to correctly perform each exercise at each station by listening and recalling teacher instructions for each station. Lesson Overview: Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station	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
W e d n e s d a y	Notes: Footballs, Cones, Flags, Clipboards, Pencils	Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses. Lesson Overview: Assignment- Objective Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense: Man to Man or Zone Season of "Flag Football" begins	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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Name: P. Robbins	Grading Quarter: 1st	Week Beginning: 7
School Year: 2023-2024	Subject: Physical Education	

M o n d a y	<p>Notes: Footballs, Cones, Flags, Clipboards, Pencils</p>	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview: Assignment- Objective Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense: Man to Man or Zone Play-Offs and Championship Games</p>	<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</p>
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W e d n e s d a y	<p>Notes: Footballs, Cones, Flags, Clipboards, Pencils</p>	<p>Objective: Understand how to cooperate with fellow teammates by recognizing their strengths and their weaknesses.</p> <p>Lesson Overview: Assignment- Objective Flag Football Positions and their jobs- Offense: Center, Running Backs, Receivers, Quarterback Defense: Man to Man or Zone</p>	<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</p>

T h u r s d a y	<p>Notes:</p> <ol style="list-style-type: none"> 1- Cardio Relay 2- Push-Ups 3- Jump Squats on the Trampoline 4- Overhead Press w/Sand Kettlebells 5- Battle Ropes 6- Scooter Fun (belly) 7- Line Hops 8- Squats w/Medicine Ball Slam 9- Sit Ups 	<p>Lesson Overview:</p> <p>Objective:</p> <p>IWBAT: apply 100% effort during “Circuit Training” by understanding how to push myself past my comfort zone.</p> <p>Assignment- Objective</p> <p>Explanation and Expectation of each exercise at each station</p> <p>One-minute, clockwise rotation to each station</p> <p>One minute rotation- 3 rounds minimum</p> <p>Materials Needed:</p> <p>Cones, Signs w/description of movement, mats, trampolines, scooters, ropes, kettlebells</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>
F r i d a y	<p>Notes:</p> <p>Materials Needed:</p> <p>Gator Balls, Cones</p>	<p>Objective:</p> <p>IWBAT: understand the proper way to play “Agility Ball” by applying my knowledge of the “Six Skill Related Components of Fitness”.</p> <p>Lesson Overview:</p> <p>Relay Warm-Ups</p> <p>Discuss and Give Examples of each:</p> <p>Agility, Balance, Coordination, Speed, Power, Reaction Time</p> <p>Game: “Agility Ball”</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>