	Name: P. Robbins		Grading Quarter: Week Beginning: 1st 2		ginning:	
Sch	ool Year: 202	3-2024	Subject:	Physical	Education	
Monday	Notes: Focus on Strength and Balance through Circuit Training <i>Materials</i> <i>Needed:</i> Cones, Medicine Balls, Mats, Kettlebells	each station by list Lesson Overview: Assignment- Object Explanation and Ex One-minute, clock Closure: 1) Which stat	Assignment- ObjectiveS11Explanation and Expectation of each exercise at each stationM10One-minute, clockwise rotation to each stationS21Closure:M121) Which stations promote "Cardiovascular Health"?S41			
Tuesday	Notes: Test Hula Hoops Cones	Objective: Initial w together and demons Lesson Overview: Assignment-Objec Pre-Test on Canvas Cooperative Game	strating sports tive s	manship	perate with each other by worki	ng 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 reading by implement Lesson Overview: Assignment- Object Initial Assessment or	ting and properties	erly following o		Academic Standards: S3.M1, S3.M9, S3.M13, S4.M1, S4.M4

Thursday	Notes: Focus on Strength and Balance through Circuit Training <i>Materials</i> <i>Needed:</i> 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: <i>Exit Ticket:</i> Write down personal goals that you plan to achieve in Physical Education class How will you get to your goal? Lesson Overview: Focus is on Strength, Balance, Body Control	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
Friday	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 Lesson- Intro to Flag Football Invasion Game: Flag Football Preseason Met Con Training	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

Name: P. Robbins School Year: 2023-2024			Grading Quarter: 1st	Week Begii 3	nning:
			Subject: Physical		
Monday	Notes: Footballs, Cones, Flags, Clipboards, Pencils	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 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	
Tuesday	Notes: Focus on Form, Strength, and Balance through Circuit Training <i>Materials</i> <i>Needed:</i> Cones, Medicine Balls, Mats, Kettlebells			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	recognizing their Lesson Overvie Assignment- O Flag Football P Offense: Cente Defense: Man	bjective ositions and their jobs- r, Running Backs, Rece to Man or Zone Offs, Throwing, Catchin	ivers, Quarterback	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

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

Name: P. Robbins		Grading Quarter: 5 1st Week Beginning: 5		ning:	
School Year: 2023-2024			Subject: Physical E	ducation	
M o n d a y	Notes: Footballs, Cones, Flags, Clipboards, Pencils	their strengths and their strengths and their strengths and the Lesson Overview Assignment- Objecting Flag Football Position of the Prese Center, Defense: Man to Practice Hand Offer Preseason Scrimmer Referee Basic Rules of "Flag Football Position of the Preseason Scrimmer Referee Basic Rules of "Flag Football Position" of the Preseason Scrimmer Referee Basic Rules of "Flag Football Position" of the Preseason Scrimmer Referee Basic Rules of "Flag Football Position" of the Preseason Scrimmer Referee Basic Rules of "Flag Football Position" of the Preseason Scrimmer Referee Basic Rules of "Flag Football Position" of the Preseason Scrimmer Referee Basic Rules of "Flag Football Position" of the Preseason Scrimmer Referee Basic Rules of the Preseason Scr	their weaknesses. Exective Sective Sective Running Backs, Receivers Man or Zone fs, Throwing, Catching mage Begins ag Football" are reviewed Semitments are signed	I	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 s d a y	Notes: Focus on Form, Strength, and Balance through Circuit Training <i>Materials</i> <i>Needed:</i> Cones, Medicine Balls, Mats, Kettlebells	station by listenir Lesson Overview Assignment- Obje Explanation and I	ng and recalling teacher in		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	Notes: Footballs, Cones, Flags, Clipboards, Pencils	their strengths and the constraints of the constrai	their weaknesses. Ective itions and their jobs- Running Backs, Receivers Man or Zone fs, Throwing, Catching	llow teammates by recognizing , Quarterback	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

a y		Fair Play Points are implemented	M5 S4 M6, S4 M7, S5 M6
T h u r s d a y	Notes:1-Cardio Relay2-Push-Ups3-JumpSquats on the Trampoline4-Overhead Press w/Sand Kettlebells5-Battle Ropes6-Scooter Fun (belly)7-Line Hops8-Squats w/Medicine Ball Slam9-Sit Ups	Lesson Overview: Objective: IWBAT: apply 100% effort during "Circuit Training" by understanding how to push myself past my comfort zone. Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station One minute rotation- 3 rounds minimum Materials Needed: Cones, Signs w/description of movement, mats, trampolines, scooters, ropes, kettlebells	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 d a y	Notes: Materials Needed: Gator Balls, Cones	Objective: IWBAT: understand the proper way to play "Agility Ball" by applying my knowledge of the "Six Skill Related Components of Fitness". Lesson Overview: Relay Warm-Ups Discuss and Give Examples of each: Agility, Balance, Coordination, Speed, Power, Reaction Time Game: "Agility Ball"	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

	Name: P. Robbins		Grading Quarter: 1st	Week Begin 6	ning:
Scho	ool Year: 2023-	2024	Subject: Physical Ec	lucation	
M o n d a y	Notes: Footballs, Cones, Flags, Clipboards, Pencils	their strengths and Lesson Overview Assignment- Obj Flag Football Pos	: ective itions and their jobs- Running Backs, Receivers, Man or Zone		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 s d a y	Notes: Focus on Form, Strength, and Balance through Circuit Training <i>Materials</i> <i>Needed:</i> Cones, Medicine Balls, Mats, Kettlebells	station by listeni Lesson Overview Assignment- Obj Explanation and	ng and recalling teacher in: :	se at 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	their strengths and Lesson Overview Assignment- Obj Flag Football Pos	: ective itions and their jobs- Running Backs, Receivers, Man or Zone		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

	Notes: 1- Cardio Relay	Lesson Overview: Objective: IWBAT: apply 100% effort during "Circuit Training" by understanding	Academic Standards: S1.M2, S1 M3, S1 M4,
T h u r s d a y	 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 	how to push myself past my comfort zone. Assignment- Objective Explanation and Expectation of each exercise at each station One-minute, clockwise rotation to each station One minute rotation- 3 rounds minimum Materials Needed: Cones, Signs w/description of movement, mats, trampolines, scooters, ropes, kettlebells	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 d a Y	Notes: Materials Needed: Gator Balls, Cones	Objective: IWBAT: understand the proper way to play "Agility Ball" by applying my knowledge of the "Six Skill Related Components of Fitness". Lesson Overview: Relay Warm-Ups Discuss and Give Examples of each: Agility, Balance, Coordination, Speed, Power, Reaction Time Game: "Agility Ball"	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

Name: P. Robbins	Grading Quarter: 1st	Week Beginning: 7
School Year: 2023-2024	Subject: Physical E	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 Play-Offs and Championship 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
T u s d a y	Notes: Focus on Form, Strength, and Balance through Circuit Training <i>Materials</i> <i>Needed:</i> 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	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:	Lesson Overview:	Academic
	1- Cardio	Objective:	Standards:
	Relay	IWBAT: apply 100% effort during "Circuit Training" by understanding	S1.M2, S1 M3, S1 M4, S1 M5, S1 M6, S1 M7,
	2- Push-Ups	how to push myself past my comfort zone.	S1 M8, S1 M9, S1
	3- Jump		M10, S1 M11, S1 M22, S2 M2, S2 M3, S2 M4,
	Squats on	Assignment- Objective	S2 M5, S2 M6, S2
	the	Explanation and Expectation of each exercise at each station	M13, S4 M1, S4 M2, S4 M3, S4 M5, S2 M6,
	Trampoline	One-minute, clockwise rotation to each station	S2 M13, S4 M1, S4
T	4- Overhead	One minute rotation- 3 rounds minimum	M2, S4 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5
h	Press		M6
u	w/Sand	Materials Needed:	
	Kettlebells	Cones, Signs w/description of movement, mats, trampolines, scooters,	
r	5- Battle	ropes, kettlebells	
S	Ropes		
d	6- Scooter Fun		
а	(belly)		
	7- Line Hops		
У	8- Squats		
	w/Medicine Ball Slam		
	9- Sit Ups		
	Notes:	Objective:	Academic
	Materials	-	Standards:
	Needed:	IWBAT: understand the proper way to play "Agility Ball" by applying my knowledge of the "Six Skill Related Components of Fitness".	Standards: S1.M2, S1 M3, S1 M4,
F	Gator Balls,	Lesson Overview:	S1 M5, S1 M6, S1 M7,
r	Cones	Relay Warm-Ups	S1 M8, S1 M9, S1 M10, S1 M11, S1 M22,
:	COLLES	Discuss and Give Examples of each:	S2 M2, S2 M3, S2 M4,
		Agility, Balance, Coordination, Speed, Power, Reaction Time	S2 M5, S2 M6, S2 M13, S4 M1, S4 M2,
d		Game: "Agility Ball"	S4 M3, S4 M5, S2 M6,
а		Game. Aginty Dan	S2 M13, S4 M1, S4 M2, S4 M3, S4 M4, S4
у			M2, S4 M3, S4 M4, S4 M5 S4 M6, S4 M7, S5
,			M6