	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
C O N T E N T O B J E C T I V E :	Students will be given a syllabus and review the expectations and procedures for physical education. Finish locker assignments.	Day 1 of fitness testing. Students will be introduced and able to complete a correct push-up for fitness testing.	Day 2 of fitness testing. Students will be introduced and able to complete a correct sit-up for fitness testing.	Day 3 of fitness testing. Students will be introduced and able to complete a walk/ jog for fitness testing.	Students have choice of various activities in order to complete for upcoming us on heart rate log sheet. Basketball, Badminton, Bike Rides, etc. Students will complete multiple activities to sustain a target heart rate throughout the class period. all makeup fitness testing will be completed. final day that signed syllabus are due.
A S S E S S M E N T :	Students will be able to choose an activity for the remainder of the class period.	30 second push-up pretest. Push-ups checked for correct form and counted by a partner.	30 second sit-up pretest. Sit-ups checked for correct form and counted by a partner.	5 minute walk/ jog pretest. Walk/ Jog laps counted by a partner.	Students will check heart rate every 15 minutes to stay in target heart rate zone.

L A N G U A G E O B J E C T I V E :	Students will be able to explain the proper locker room and attendance procedures for class.	Students will be able to identify a muscle group worked by the push up when asked by a partner.	Students will be able to identify a muscle group worked by the sit up when asked by a partner.	Students will be able to identify a cardiovascular benefit of running/jogging/walking when asked by a partner.	Students will be able to calculate heart rate and lead a partner in how to do so as if the partner has never taken their heart rate before.
G L C E :	K.HR. 06.02-.08.02 K.HR. 06.07-.08.07 K.HR. 06.08-08.08	K.HR. 06.03-.08.03 K.HR. 06.07-.08.07 K.HR. 06.08-08.08	K.HR. 06.03-.08.03 K.HR. 06.07-.08.07 K.HR. 06.08-08.08	K.HR. 06.06-.08.06 K.HR. 06.07-.08.07 K.HR. 06.08-08.08	K.HR.06.03-.08.03 K.HR.06.06-.08.06 K.HR.06.07-.08.07 K.HR.06.08-08.08