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| **Phase 1:** Intended Curriculum | | | |
| **Week of: 9/21/15** | **Teacher: J. Brooks and E. Steele** | **Physical Education** | **6-8** |
| **Standards and Elements:**  6.4, 7.4, 8.4 - Achieves and maintains a health-enhancing level of physical fitness.  a. Participates in criterion –referenced fitness assessments with close teacher guidance.  **Learning Targets:** *(What does the teacher expect the students to know, understand and be able to do?)* Students will understand how aerobic capacity, cardiovascular endurance, flexibility, strength, and body mass index affect overall health and wellness. Students will analyze individual scores to determine whether or not they are in the healthy fitness zones and set goals to improve or maintain scores. | | | |

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| **Phase 2:** Delivered Curriculum | | |
| **Activator** | Students will warm-up with interval runs to mock the Pacer test. Students will practice stopping, turning, and waiting on the line. Students will then participate in group stretches tailored to the day’s activity. | |
| **Mini Lesson** | Teachers will discuss with students how aerobic capacity, cardiovascular endurance, flexibility, strength, and BMI contribute to overall health and wellness. Each day, we will discuss one of the components of physical health. | |
| **Work Session** | Students will participate in one of the FitnessGram Assessments (Pacer, Curl-ups, Push-ups, Sit and Reach, Height and Weight). | |
| **Closing/Summarize** | Teachers will demonstrate FitnessGram assessments to be completed the following day. Teachers will give students cues and allow students to practice assessments. | |
| **Differentiation**  **Based on Data** | **Groupings:**  **Other**  During discussions, whole-group models will be used. When testing, students will be paired to remind one another of cues and catch mistakes.  **Accommodations and Modifications:**  FitnessGram cannot be modified. Students are encouraged to do their best regardless of ability and are not graded on FitnessGram performance. | |
| **Phase 3: Achieved Curriculum** | | |
| **Evidence of Learning**  **Assessments** | **Summative Assessment:**  Test  FitnessGram – Pacer/Curl-ups/Push-ups/Sit and Reach/Height and Weight | **Formative Assessment:**  Observation |
| **Teacher Reflection**  *(Evaluation of Data /Next Step)* | **The plan for the following unit will be based on the results of the PreSLOs, as well as on the FitnessGram assessment.** | |
| **ADDITIONAL INFORMATION** | | |
| **Technology**  **Integration** | Choose an item.  **Comments: A FitnessGram CD is used for cadences.** | |
| **Homework** |  | |
| **Material/Resources** | **Laptop/speakers/FitnessGram CD/Cones/Mats/Scale** | |
| **Other** |  | |