



## Subject – Week 3 (Sept. 14)

**TEACHER**

Hughes

**GRADE**

PE Health

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OBJECTIVE(S)</b> (WHAT DO I WANT STUDENTS TO KNOW/)	Chapter 4 Worksheets handed in  Chapter 4 Lesson work:  L.1 – 1-5, L. 2 1-4, L.3 1-5, L.4 1-5, L. 5 1-4	Fitness Day  Push Ups  Sit Ups  Pull Ups  Aerobic	Food journal Review for last weekend	Food Journal Review Cont.	Dragon Olympics – No class
<b>INSTRUCTIONAL METHODS</b> (HOW AM I GOING TO INSTRUCT/)	Partner/Shared Learning	Individual, Partner, Teacher Instruction	Teacher, Group Instruction	Teacher, Group Instruction	
<b>ASSESSMENT</b> HOW WILL I ASSESS LEARNING	Graded Worksheets and book work	Recorded results	Cover understanding of Calories and Fat intake of foods eaten	Cover understanding of Calories and Fat intake of foods eaten	
<b>CLOSURE</b>	Prep students on what they need for fitness day (appropriate attire)	Reminder to bring food journals to class tomorrow	Reminder to bring food journals to class tomorrow	Highlight next weeks activities	

