



Subject – Week 4 (Sept. 21)

TEACHER

Hughes

GRADE

PE Health

	Monday	Tuesday	Wednesday	Thursday	Friday
OBJECTIVE(S) (WHAT DO I WANT STUDENTS TO KNOW/)	Food Journals – Calorie Count	Fitness Day Push Ups, Sit Ups, Pull Ups, Aerobic	Fitness Day Complete exercises from Tuesday	Food Journals – Calorie Count	Food Journals – Calorie Count Discuss – Film
INSTRUCTIONAL METHODS (HOW AM I GOING TO INSTRUCT/)	Individual Practice, Group Practice	Individual, Partner	Individual, Partner	Individual, Group Practice	Individual, Group Practice
ASSESSMENT HOW WILL I ASSESS LEARNING	Accessing calorie intake, student recognition of Calories, Sodium, Fats and Sugars in daily meals	Recorded exercise reps	Recorded exercise reps	Accessing calorie intake, student recognition of Calories, Sodium, Fats and Sugars in daily meals	Accessing calorie intake, student recognition of Calories, Sodium, Fats and Sugars in daily meals
CLOSURE	Proper clothing for Fitness Day	Record reps and go through completion plan for Wednesday	Bring Food Journals to class for continued assessment	Bring Food Journals to class for continued assessment	Go over next weeks schedule