**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

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| **Grade Span/Level:**  **Time Frame:****Unit:** **Strength and Conditioning**    **Activity:** **Lower Body, Upper Body, and Cardio Sport Activity Objective:** **The student will be able to demonstrate the ability to perform strength and conditioning activities as it relates to lower body, upper body, cardio sport activities, teamwork, sportsmanship, and cooperation. The student will be able to demonstrate the abilty to perform lifts in the core areas of bench, squat, clean, and push-press at differing percentages over a given number of sets and repetitions and auxiliary lifts in box jumps, dumb bell step-ups and dumb bell lunges at a given number of sets and repetitions. The student will be able to demonstrate cardiorespiratory endurance while participating in a cardio sport activity tournament (ex. football).** | | |
| Physical Fitness Goals**:** **Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, coordination, balance, speed, power, agility, and reaction time.**  Fitness Gram: **Yes  No** | **PE** **Standards Addressed:** **1-6**  **Health Standards Addressed:** | |
| Equipment Needed: workout folder, score cards, cycle chart, max percentage chart, bar weight plate chart, racks, bars, plates, clips, boxes, dumb bells/footballs, cones, vests | Space Requirements: Weight room and football field | |
| Essential Skills:  Strength and Conditioning Skills: Lifting (Pushing and Pulling) and jumping.  Cardio Sport Activity Skills: passing, catching, running pass patterns, and guarding.  Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, agillity, power, speed, reaction time, cooperation, teamwork, sportsmanship..  Essential Content Knowledge: Content Knowledge: Rules of etiquette, safety, and proper lifting form. Lifting technique, spotting, and the relationship of the skeletal/muscular systems. Role of force and angle.  Rules of football game play. Basic strategies and tactics of the game. Knowledge of passing, catching, guarding, weight transfer, force, angles, contact point, and trajectory. Terms:kick-off, offense, defense, special teams, line-of-scrimmage, down and distance, run, pass, punt, place kick, completion, incompletion, interception, safety, 6 points=touchdown, 1/2 point(s) after touchdown, sideline, endline, endzone, snap, fumble, huddle, off-sides, block, 2-hand touch (tackle), screen, guard, open, hand-off, fake, release, touchdown, cut, plant, alignment, stance, start, alignment, execution, center, quarterback, receiver, defensive back, football, field, goal post/uprights, ready position. | | |
| **Activity** | **Description/Process** | **Time** |
| Warm-up | **Dynamic-Jog/Sprint, Starts/Form Running, Come to Balance, Dots, Ladder, Flex (A Skip, A Skip Out, B Skip, High Knees, High Knee Lunges, Lateral Quick Feet Carioka, Slide Shuffle, Back Pedal), Squats, Speed Ropes, Hurdles, Bands** | **15 minutes.** |
| Teacher Demonstration | **The teacher will demonstrate the following: Background/rules/technique (Power Point, Visual Aid, Study Guide)-Student Note-Take,**  **Strength and Conditioning-grip, stance, form, breathing, footwork, spotting, safety.**  **Cardio Sport Activity-passing, catching, running pass patterns, and guarding.** | **10 minutes** |
| Practice Activities | **Students will work in groups of 3 during lifting and teams of 5 in cardio sport activities**  **Lifting: Get a beginning max (3 attempts), complete 1st cycle (7 weeks)-(see cycle chart) based on max (see percentage chart), get a new max (3 attempts), complete 2nd cycle (7 weeks), and finish with a new max (3 attempts).**  **\*Complete secondary/auxiliary lifts in between core lifts\***  **Example- 1st Cycle Week 1**  **Monday (Lower Body)**  **Back Squat 60% 1x10 60% 1x10 60% 1x10**  **Box Jumps 10 reps**  **Dumb Bell 10 reps each leg**  **Dumb Bell Lunges 10 reps each leg**  **Hang Clean 60% 1x5 70% 1x5 75% 2x5 70% 1x5**  **Dumb Bell Shrugs 10 reps**  **Dumb Bell Curls 10 reps each arm**  **Dumb Bell Flies 10 reps**  **Tuesday (Upper Body)**  **Flat Bench 70% 1x6 75% 2x5 80% 2x4**  **Bent Over Rows 10 reps**  **Pull- Overs 10 reps**  **Dumb Bell Tricep Extensions 10 reps**  **Military Press 70% 1x10 70% 1x10 70% AMAP High Pulls 10 reps**  **Dumb Bell Snatch 10 reps each arm**  **Dumb Bell Flies 10 reps**  **Wednesday (Cardio Sport Activity)**  **Football (2 hand touch-round robin tourney). 6 teams of 5.**  **Thursday (Lower Body)**  **PowerClean 60% 1x5 70% 1x5 75% 2x5 70% 1x5**  **Military Press 10 reps**  **Push Press 10 reps**  **Straight Leg Dead Lift 10 reps**  **Front Squat 60% 1x10 60% 1x10 60% 1x10**  **Box Jumps 10 reps**  **Dumb Bell Step-Ups 10 reps each leg**  **Dumb Bell Lunges 10 reps each leg**  **Friday (Upper Body)**  **Incline Bench 70% 1x6 75% 2x5 80% 2x4**  **Bent Over Rows 10 reps**  **Pull- Overs 10 reps**  **Dumb Bell Tricep Extensions 10 reps**  **Olympic Press 70% 1x10 70% 1x10 70%AMAP**  **High Pulls 10 reps**  **Dumb Bell Snatch 10 reps each arm**  **Dumb Bell Flies 10 reps** | **60 minutes** |
| Cool-Down | **Static-Superman, standing hurdles, squatted butterflies, sit and reach, trunk lift.** | **5 minutes.** |
| Monitor and Feedback  (Formative Assessments) | **The teacher will walk around the peripheral area giving specific feedback (ex. making positive comments regarding good effort, attitude, teamwork, good communication skills, and fair play. Teacher Observation, Peer Observation, Scorecard, and Skills Test (Max Rubric).** | **Throughout the lesson.** |
| Special Needs/Modifications | **Peer buddies, extended time, preferential spacing, colored equipment, smaller equipment, smaller groups, equal groups based on personalities/ethnicity/gender/ability, music-hip hop.** | **N/A** |
| Integration Elements: | **Literacy Skills:** **Reading and comprehension, interpreting textual information.**  **Math Skills:** **Counting, angles, geometry, measurement.**  **Lifetime Appreciation:** **Teamwork, sportsmanship, cooperation, improvement of fitness level, recreational activity, social interaction, family/church/local league participation.**  **Health:** | |