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|  | Monday (Mar. 20) | Tuesday (Mar. 28) | Wednesday (Mar. 29) | Thursday (Mar. 30) | Friday (Mar. 31) |
| ND Standard | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 |
| Topic | Beginning Weights | Slam Ball | Slam Ball | Slam Ball | Slam Ball |
| Objectives | SWBAT Follow workout plans and execute exercises with proper form and technique | SWBAT Perform accurate throws and demonstrate alert catches | SWBAT Perform accurate throws and demonstrate alert catches | SWBAT Perform accurate throws and demonstrate alert catches | SWBAT Perform accurate throws and demonstrate alert catches |
| Bellringer | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration | Stretches and Demonstration |
| Lesson Plan | * Students complete printed workout plan | * Students play slam ball instructions will be printed out * While not playing slam ball, students will be walking or jump roping | * Students play slam ball instructions will be printed out * While not playing slam ball, students will be walking or jump roping | * Students play slam ball instructions will be printed out * While not playing slam ball, students will be walking or jump roping | * Students play slam ball instructions will be printed out * While not playing slam ball, students will be walking or jump roping |