

	Monday (Oct. 3)	Tuesday (Oct. 4)	Wednesday (Oct. 5)	Thursday (Oct. 6)	Friday (Oct. 7)
North Dakota Standard	Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	Standard 1: Demonstrates competency in a variety of motor skills and movement patterns. Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Topic	Exercise ball toss	Exercise ball toss	Basic Tennis	Basic Tennis	Basic Tennis
Objectives	SWBAT Creates open space in net/wall games with a short-handled implement by varying force and direction. SWBAT Forehand volley with a mature form and control using a short-handled implement.	SWBAT Creates open space in net/wall games with a short-handled implement by varying force and direction. SWBAT Forehand volley with a mature form and control using a short-handled implement.	SWBAT Creates open space in net/wall games with a short-handled implement by varying force and direction. SWBAT Forehand volley with a mature form and control using a short-handled implement.	SWBAT Creates open space in net/wall games with a short-handled implement by varying force and direction. SWBAT Forehand volley with a mature form and control using a short-handled implement.	SWBAT Creates open space in net/wall games with a short-handled implement by varying force and direction. SWBAT Forehand volley with a mature form and control using a short-handled implement.
Bellringer	Demonstrate Skills	Demonstrate Skills	Demonstrate Skills	Demonstrate Skills	Demonstrate Skills
Guided Practice	Practice Skills	Practice Skills	Practice Skills	Practice Skills	Practice Skills
Independent Practices	Exercise ball toss w/ blue ball	Exercise ball toss w/ blue ball	Practice short underhand return volleys over net	Practice long underhand volleys over net	Practice Serving and returning
Remarks					