

	Monday (Oct. 24)	Tuesday (Oct. 25)	Wednesday (Oct. 26)	Thursday (Oct. 27)	Friday (Oct. 28)
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	Basic Calisthenics	Basic Calisthenics	Basic Calisthenics	Basic Calisthenics	Basic Calisthenics
Objectives	SWBAT Perform 10 push-ups SWBAT Describe why exercise is good for your body	SWBAT Perform 20 sit-ups SWBAT Identify healthy and unhealthy foods	SWBAT Perform 20 body-weight squats SWBAT Identify the muscles worked by the three basic exercises	SWBAT Jog 3 laps around the gym SWBAT Describe the difference between Aerobic and Anaerobic exercises	SWBAT Jump 10 uninterrupted jumps with a jump rope SWBAT Identify Aerobic and Anaerobic exercises
Bellringer	Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups
Lesson Plan	<ul style="list-style-type: none"> <li>• Demonstrate a push-up</li> <li>• Students will work on their 10 push-ups</li> <li>• Exercise activity</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a sit-up</li> <li>• Students will work on their 20 sit-ups</li> <li>• Foods activity</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a push-up</li> <li>• Students will work on their 10 push-ups</li> <li>• Muscles activity</li> </ul>	<ul style="list-style-type: none"> <li>• Students will work on their laps</li> <li>• Aerobic Exercise activity</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate using a jump rope</li> <li>• Students will work on their jumps</li> <li>• Aerobic Exercise activity</li> </ul>