

	Monday (Sept. 19)	Tuesday (Sept. 20)	Wednesday (Sept. 21)	Thursday (Sept. 22)	Friday (Sept. 23)
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	Locomotor skills	Locomotor skills	Locomotor skills	Locomotor skills	Locomotor skills
Objectives	SWBAT Run and jog in a mature pattern. SWBAT Differentiates between fast and slow speeds.	SWBAT Run and jog in a mature pattern. SWBAT Differentiates between fast and slow speeds.	SWBAT Run and jog in a mature pattern. SWBAT Differentiates between fast and slow speeds.	SWBAT Run and jog in a mature pattern. SWBAT Differentiates between fast and slow speeds.	SWBAT Run and jog in a mature pattern. SWBAT Differentiates between fast and slow speeds.
Bellringer	Stretches	Stretches	Stretches	Stretches	Stretches
Guided Practice	Practice Skills	Practice Skills	Practice Skills	Practice Skills	Practice Skills
Independent Practices	Relay	Relay	Relay	Obstacle course	Obstacle course
Remarks					