


CHICAGO PUBLIC SCHOOLS WEEKLY LESSON PLAN

	Week of August 9- August 13			
	Subject Physical Education		Period(s) 1, 2, 3, 5/6, 7	
	21.A.4b Apply identified procedures and safe practices to all group physical activity settings.	21.A.4c Complete a given task on time.	21.B.4 Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering).	24.A.4b Formulate strategies to prevent conflict and resolve differences.
Assessment	-oral quiz -homework assignments -informal assessment (asking questions)			
Monday	Syllabus			
Instructional Strategy	-Hand out and go over syllabus -Walking permission slip -Special Health Concerns paper			
Tuesday	Scavenger Hunt			
Instructional Strategy	-Scavenger hunt to find important things in the classroom -Locker room procedure			
Wednesday	Warm-ups/Procedures			
Instructional Strategy	-warm-ups -job board -calendars -team building			
Thursday	Stations			
Instructional Strategy	<ol style="list-style-type: none"> 1. sit-ups 2. pushups 3. balance board 4. agility ladder 5. v-sit 6. jump rope 7. sprints 8. medicine ball 9. pull-ups <p>go over the proper way to do everything</p>			
Friday	Dash for Cash			
Instructional Strategy	Students earn fake money by running laps. They can spend their money on free time.			