

***\*\*LESSON PLANS ARE SUBJECT TO CHANGE\*\****

***Reynolds School District  
Weekly Lesson Plan  
Teacher: Physical Education***

***Reynolds Jr.-Sr. High School  
Week of: Nov. 11-15, 2024  
Grade: 7-12***

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**Monday**

Academic Standard # 10.5.9

Objective # C

Lesson Objective: Identify and apply practice strategies for skill improvement.

Resources: Basketballs, nets, rackets, and birdies

Details: 9-12: Basketball games or badminton game

**7-8: Basketball skills**

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**Tuesday**

Academic Standard # 12.4.12

Objective # A

Lesson Objective: Evaluate and engage in an individualized physical activity plan that  
Supports achievement of personal fitness and activity goals and promotes  
Life-long participation.

Resources: Cones, stations, mats, music

Details: Circuit training

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**Wednesday**

Academic Standard # 10.4.9

Objective # E

Lesson Objective: Analyze the factors that impact on the relationship between regular  
participation in Physical Activity.

Resources: Mats, sponge ball, markings on the floor

Details: Play a game of team handball

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**Thursday**

Academic Standard # 10.5.9

Objective # E

Lesson Objective: Analyze and apply scientific and biomechanical principles to complex  
movements. \* Linear motion \*rotary motion

Resources: gator-skinned balls

Details: Play a game of kickball tag

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**Friday**

Academic Standard # 10.5.9

Objective # F

Lesson Objective: Describe and apply game strategies to complex games and  
Physical Activities.

Resources: basketballs and badminton equipment

Details: Open Gym

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**Rigor/Relevance Quadrant**

**A**

**B**

**C**

**D**