

Reynolds School District
Weekly Lesson Plan
Teacher: Physical Education Dept.

Reynolds Jr.-Sr. High School
Week of: Sept. 23-27, 2024
Grade: 7-12

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Monday

Academic Standard #10.4.12

Objective # E

Lesson Objective: Motor Skill Development in a lifetime sport.

Resources: Jogging sheets, track

Details: Jogging on track

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Tuesday/Friday

Academic Standard # 10.4.9

Objective # E

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

Resources: Cones for football fields, flags, and footballs

Details: Play a game of flag football

OR

Academic Standard # 10.4.9

Objective # D

Lesson Objective: Analyze factors that affect physical activity preferences of adolescents.
*Skill competence

Resources: soccer ball, soccer nets, vests

Details: play a game of soccer

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Wednesday

Academic Standard # 10.5.9

Objective # F

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

Resources: Frisbees, goals, cones

Details: Frisbee Golf

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Thursday

Academic Standard # 10.5.9

Objective # F

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

Resources: bases, ball

Details: 5 base kickball

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Rigor/Relevance Quadrant

A

B

C

D