

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

**Reynolds Jr.-Sr. High School**  
**Week of: Sept. 16-20, 2024**  
**Grade: 7-12**

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**Monday**

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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**Tuesday**

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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**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: 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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**Thursday**

Academic Standard # 10.5.9

Objective # F

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

Resources: bat, bases and ball

Details: Play a game of softball  
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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: volleyball, volleyball net, basketballs

Details: Open Gym  
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