

6th-8th Physical Education		
Unit	Lesson	Class

Look Ahead					
	Monday	Tuesday	Wednesday	Thursday	Friday
Current					
Next					

This weeks Fitness/Lesson components				
Cardiovascular Endurance	Flexibility	Muscular Strength & Endurance	Fitness Skills	Other
None	Upper Body	Upper Body	Balance	Teamwork
0-2 Minutes	Midsection	Midsection	Coordination	Communication
2-5 Minutes	Lower Body	Lower Body	Agility	Goal Setting
5-10 Minutes	Whole Body	Whole Body	Reaction Time	Awareness of Self & Others
10+ Minutes			Speed	Self-Advocacy & Assertiveness
			Power	Cooperation & Collaboration

Equipment/Materials	Technology	Vocabulary
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Learning Target	Set-up
Warm Up	Exit Ticket

Activities

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