

Coach Caka and Coach Bright PE Lesson Plans

Brazos High School

1st SIX WEEKS

****Aug 14 - Sept 16****

UNIT & ESSENTIAL QUESTIONS	OBJECTIVES/ STANDARDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Unit #: 1 <i>Essential Questions:</i> How does this class function? What do I need to do to be prepared for my class? How can I set myself up for success in this class?	TEKS: 116.64.c.3 Activities Link: PE Daily Plan...	Aug 12	Aug 13	Aug 14 1st DAY OF SCHOOL Introduction and Syllabus	Aug 15 Topic: Introduce Daily Warm-Up Activity: 5 min walk; Put in stretching lines; execute all static stretches	Aug 16 Topic: Daily Warm Up Activity: Execute Daily Warm Up; Syllabus Return
Unit #: 1 <i>Essential Questions:</i> Am I able to socialize and interact in a safe manner with my peers? Can I work with others to accomplish a desired task? Am I able to contribute to a group's success? Do I contribute to a group's failure?	TEKS: 116.64.c.3 Activities Link: PE Daily Plan...	19 Topic: Team Building Activity: Execute Daily Plans; Speed Dating	20 Topic: Team Building Activity: Execute Daily Plans; GROUP Speed Dating	21 Topic: Team Building Activity: Execute Daily Plans; Rock-Paper-Scissors Team Battle	22 Topic: Team Building Activity: Execute Daily Plans; Nuukum	23 Topic: Team Building Activity: Execute Daily Plans; Free Activity with groups
Unit #: 2 <i>Essential Questions:</i> How well is my cardiovascular endurance at the start of my health fitness journey? What goals can I set for myself to better my cardiovascular endurance? What is an activity I enjoy that will improve my cardiovascular	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 Activities Link: PE Daily Plan...	26 Topic: Muscle Monday—Cardiovascular Endurance Activity: Execute Daily Plans; Walk 2 laps outside/teach Aerobic Fitness Stations	27 Topic: Team Building Tuesday—Cardiovascular Endurance Activity: Execute Daily Plans; Hungry Hungry Hippos	28 Topic: Team Sport Wednesday—Cardiovascular Endurance Activity: Execute Daily Plans; Introduce Volleyball	29 Topic: Testing Thursday—Cardiovascular Endurance Activity: Execute Daily Plans; Start Practice Fitnessgram — Pacer Test	30 Topic: Free Friday Cardiovascular Endurance Activity: Execute Daily Plans; Free Activity Up and Moving

endurance?						
Unit #: 2 <i>Essential Questions:</i> How do cardiovascular endurance, muscular strength, and muscular endurance work together? How do muscles react to exercising activities? How do I properly recover my muscles?	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 Activities Link: PE Daily Plan...	Sept 2 NO SCHOOL	3 Topic: Team Building Tuesday – Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Cardio and Strength Exercising Relays	4 Topic: Team Sport Wednesday – Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Introduce the Forearm Pass in Volleyball	5 Topic: Testing Thursday– Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Can I Forearm Pass Correctly/Pass to Wall	6 Topic: Free Friday– Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Group Stretching for Muscle Recovery; Free Activity Up and Moving
Unit #: 2 <i>Essential Questions:</i> What are proper warm up and cool down exercises that help with flexibility? How do the 5 Components of Physical Fitness affect my lifestyle? How can assessing my body composition motivate my health fitness lifestyle?	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 Activities Link: PE Daily Plan...	9 Topic: Muscle Monday– Cardiovascular Endurance Activity: Execute Daily Plans; Aerobic Fitness Stations	10 Topic: Team Building Tuesday–Flexibility/Body Composition Activity: Execute Daily Plans; Team Yoga	11 Topic: Team Sport Wednesday– Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Continue Working On Forearm Pass Now w/ Partner	12 Topic: Testing Thursday– Muscular Endurance Activity: Execute Daily Plans; Practice Fitnessgram–Push Ups	13 Topic: Free Friday–Flexibility/Body Composition Activity: Execute Daily Plans; Choice Activity
Unit #: 3 <i>Essential Questions:</i>	TEKS: 116.64.c.5 B Activities Link: PE Daily Plan...	16 Topic: Muscle Monday– Flexibility/Body Composition Activity: Execute Daily Plans; How Flexible Are You? Group Stretching w/ Naming Muscles	17 Topic: Team Building Tuesday – Cardiovascular Endurance Activity: Execute Daily Plans; Capture the Flag	18 Topic: Team Sport Wednesday– Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Continue Working On Forearm Pass Now To Target	19 Topic: Testing Thursday– Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Can I Forearm Pass Correctly w/Partner and to Target	20 Topic: Free Friday– Cardiovascular/Muscular Endurance Activity: Execute Daily Plans;Free Activity Up and Moving