

# Coach Caka and Coach Bright PE Lesson Plans

## Brazos High School

### 2nd SIX WEEKS

**\*\*9/23-11/1\*\***

UNIT & ESSENTIAL QUESTIONS	OBJECTIVES/ STANDARDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Essential Questions:</i> <b>How well is my cardiovascular endurance after working out for 6 weeks?</b> <b>How are these activities preparing me to get better at my muscular strength and cardiovascular endurance?</b>	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4  Activities Link: <a href="#">PE Daily Plans/Activities</a>	Sept 23 Topic: <b>Muscle Monday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; 20 minute Walk</b>	Sept 24 Topic: <b>Team Building Tuesday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Kickball</b>	Sept 25 Topic: <b>Team Sport Wednesday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Volleyball Game</b>	Sept 26 Topic: <b>Testing Thursday—Muscular Strength</b>  Activity: <b>Execute Daily Plans; Fitnessgram — Sit-ups and Pushups</b>	Sept 27 Topic: <b>Free Friday</b>  Activity: <b>Execute Daily Plans; Free Activity with groups</b>
<i>Essential Questions:</i> <b>How well is my cardiovascular endurance during Aerobic Stations?</b> <b>What goals can I set for myself to better my cardiovascular endurance?</b> <b>What is an activity I enjoy that will improve my cardiovascular endurance?</b>	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4  Activities Link: <a href="#">PE Daily Plans/Activities</a>	Sept 30 Topic: <b>Muscle Monday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Walk 2 laps on the track— Aerobic Fitness Stations</b>	Oct 1 Topic: <b>Team Building Tuesday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Flag Football</b>	Oct 2 Topic: <b>Team Sport Wednesday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Continue Volleyball/Introduce Football</b>	Oct 3 Topic: <b>Testing Thursday—Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Fitnessgram — Pacer Test</b>	Oct 4 Topic: <b>Free Friday Cardiovascular Endurance</b>  Activity: <b>Execute Daily Plans; Free Activity Up and Moving</b>
<i>Essential Questions:</i> <b>How do cardiovascular endurance, muscular strength, and muscular endurance work together?</b> <b>How do muscles react to exercising activities?</b> <b>How do I properly recover my muscles?</b>	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4  Activities Link: <a href="#">PE Daily Plans/Activities</a>	Oct 7  Topic: <b>Muscle Monday—Cardiovascular Endurance / Muscular Endurance</b>  Activity: <b>Execute Daily Plans; Bleacher Laps</b>	Oct 8 Topic: <b>Team Building Tuesday – Cardiovascular/Muscular Endurance</b>  Activity: <b>Execute Daily Plans; Cardio and Strength Exercising Relays</b>	Oct 9 <b>Teacher Work Day</b>	Oct 10 <b>No School</b>	Oct 11 <b>No School</b>

<p><i>Essential Questions:</i>  <b>What are different body weight exercises?</b>  <b>How do the 5 Components of Physical Fitness affect my lifestyle?</b>  <b>How can assessing my body composition motivate my health fitness lifestyle?</b></p>	<p>TEKS:  <b>116.64.c.1</b>  <b>116.64.c.2</b>  <b>116.64.c.4</b></p> <p>Activities Link:  <a href="#">PE Daily Plans/Activities</a></p>	<p>Oct 14  Topic: <b>Muscle Monday—Cardiovascular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Exercise Experiment</b></p>	<p>Oct 15  Topic: <b>Team Building Tuesday—</b></p> <p>Activity: <b>Execute Daily Plans; Kickball</b></p>	<p>Oct 16  Topic: <b>Team Sport Wednesday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Introduce throwing a football</b></p>	<p>Oct 17  Topic: <b>Testing Thursday—Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Practice Fitnessgram—PushUps</b></p>	<p>Oct 18  Topic: <b>Free Friday—Flexibility/Body Composition</b></p> <p>Activity: <b>Execute Daily Plans; Choice Activity</b></p>
<p><i>Essential Questions:</i>  <b>How flexible am I? Do I know the muscles that I am stretching?</b></p>	<p>TEKS:  <b>116.64.c.5 B</b></p> <p>Activities Link:  <a href="#">PE Daily Plans/Activities</a></p>	<p>Oct 21  Topic: <b>Muscle Monday—Flexibility/Body Composition</b></p> <p>Activity: <b>Execute Daily Plans; How Flexible Are You? Group Stretching w/ Naming Muscles</b></p>	<p>Oct 22  Topic: <b>Team Building Tuesday—Cardiovascular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Relay Races</b></p>	<p>Oct 23  Topic: <b>Team Sport Wednesday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Football Positions</b></p>	<p>Oct 24  Topic: <b>Testing Thursday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Fitnessgram—Sit-ups</b></p>	<p>Oct 25  Topic: <b>Free Friday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Free Activity Up and Moving</b></p>
<p><i>Essential Questions:</i>  <b>Can I walk a mile on the track in under 20 min? Can I work with a team while learning new athletic abilities?</b></p>	<p>TEKS:  <b>116.64.c.1</b>  <b>116.64.c.2</b>  <b>116.64.c.4</b></p> <p><a href="#">PE Daily Plans/Activities</a></p>	<p>Oct 28  Topic: <b>Muscle Monday—Cardiovascular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Walk 4 laps on the track (1 mile)</b></p>	<p>Oct 29  Topic: <b>Team Building Tuesday—Cardiovascular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Dodgeball</b></p>	<p>Oct 30  Topic: <b>Team Sport Wednesday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; How To Receive a Football</b></p>	<p>Oct 31  Topic: <b>Testing Thursday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Fitnessgram—Height/Weight</b></p>	<p>Nov 1  Topic: <b>Free Friday—Cardiovascular/Muscular Endurance</b></p> <p>Activity: <b>Execute Daily Plans; Free Activity Up and Moving</b></p>