

Coach Caka PE Lesson Plans

Brazos High School

3rd SIX WEEKS

11/4-12/16

UNIT & ESSENTIAL QUESTIONS	OBJECTIVES/ STANDARDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Essential Questions:</i> How well is my cardiovascular endurance after working out for 12 weeks? Do I feel like I am getting in shape since I first started working out?	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 Activities Link: PE Daily Plans/Activities	Nov 4 Staff Development Day - School Holiday	Nov 5 Topic: Team Building Tuesday—Cardiovascular Endurance Activity: Execute Daily Plans; Rock Paper Scissors Game	Nov 6 Topic: Team Sport Wednesday—Cardiovascular Endurance Activity: Execute Daily Plans; Introduce The Game of Basketball	Nov 7 Topic: Testing Thursday—Muscular Strength Activity: Execute Daily Plans; Fitnessgram — Sit-ups and Pushups	Nov 8 Topic: Free Friday Activity: Execute Daily Plans; Free Activity with groups
<i>Essential Questions:</i> How well can I do the Aerobic exercises? Can I communicate with and trust my peers while playing a game? Can my team and I come up with a successful game plan to win? What is the game of basketball?	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 Activities Link: PE Daily Plans/Activities	Nov 11 Topic: Muscle Monday—Cardiovascular Endurance Activity: Execute Daily Plans; Walk 2 laps on the track— Aerobic Fitness Stations	Nov 12 Topic: Team Building Tuesday—Cardiovascular Endurance Activity: Execute Daily Plans; Hungry Hungry Hippos	Nov 13 Topic: Team Sport Wednesday—Cardiovascular Endurance Activity: Execute Daily Plans; Introduce How to Dribble a Basketball	Nov 14 Topic: Testing Thursday—Cardiovascular Endurance Activity: Execute Daily Plans; Fitnessgram — Pacer Test	Nov 15 Topic: Free Friday Cardiovascular Endurance Activity: Execute Daily Plans; Free Activity Up and Moving
<i>Essential Questions:</i> Can I create a cardiovascular game to successfully play with my peers?	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 Activities Link: PE Daily Plans/Activities	Nov 18 Topic: Muscle Monday—Cardiovascular Endurance / Muscular Endurance Activity: Execute Daily Plans; Create Own Game	Nov 19 Topic: Team Building Tuesday —Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Musical Basketballs	Nov 20 Topic: Team Sport Wednesday—Cardiovascular Endurance Activity: Execute Daily Plans; Introduce How to Shoot a Basketball	Nov 21 Topic: Testing Thursday—Muscular Strength Activity: Execute Daily Plans; Fitnessgram — Sit-ups and Pushups	Nov 22 Topic: Free Friday Cardiovascular Endurance Activity: Execute Daily Plans; Free Activity Up and Moving

Essential Questions:	TEKS: Activities Link: PE Daily Plans/Activities	Nov 25 Thanksgiving Break	Nov 26 Thanksgiving Break	Nov 27 Thanksgiving Break	Nov 28 Thanksgiving Break	Nov 29 Thanksgiving Break
Essential Questions: How are my fundamentals of basketball?	TEKS: 116.64.c.5 B Activities Link: PE Daily Plans/Activities	Dec 2 Topic: Muscle Monday—Flexibility/Body Composition Activity: Execute Daily Plans; Knockout	Dec 3 Topic: Team Building Tuesday – Cardiovascular Endurance Activity: Execute Daily Plans; Basketball Relay Races	Dec 4 Topic: Team Sport Wednesday—Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; How to shoot a Layup	Dec 5 Topic: Testing Thursday—Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Fitnessgram— Sit-ups	Dec 6 Topic: Free Friday—Cardiovascular/Muscular Endurance Activity: Execute Daily Plans;Free Activity Up and Moving
Essential Questions: <i>Can I walk a mile on the track in under 20 min? Can I work with a team while learning new athletic abilities? Can I put my basketball skills into a game like situation?</i>	TEKS: 116.64.c.1 116.64.c.2 116.64.c.4 PE Daily Plans/Activities	Dec 9 Topic: Muscle Monday—Cardiovascular Endurance Activity: Execute Daily Plans; Walk 4 laps on the track (1mile)	Dec 10 Topic: Team Building Tuesday – Cardiovascular Endurance Activity: Execute Daily Plans; Dodgeball	Dec 11 Topic: Team Sport Wednesday—Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Modified Basketball Game	Dec 12 Topic: Testing Thursday—Cardiovascular/Muscular Endurance Activity: Execute Daily Plans; Fitnessgram— Height/Weight	Dec 13 Topic: Free Friday—Cardiovascular/Muscular Endurance Activity: Execute Daily Plans;Free Activity Up and Moving

***December 17-19 = Semester Exam**

***December 20 = School Holiday**