

Aux Gym Week-At-A-Glance

Fitness Testing: Week of 4/8/24- 4/12/23

Standard and/or Objective	8.N.PA.4... 7.N.PA.4...6.N.PA.3		
“I can” statement	“I can set SMART Goals during my Pre-Fitness Testing Assessments this week and do my best to make the Healthy Fitness Zone Standards.”		
	Assignments/Activities WICOR connections (Writing, Inquiry, Collaboration, Organization, Reading)	Quizzes Turn in for a Grade	Reminders Materials Needed
Monday “I can set SMART Goals during my Pre-Fitness Testing Assessments this week and do my best to make the Healthy Fitness Zone Standards.”	<ul style="list-style-type: none"> ○ Do Now I ○ Static Stretches C, I ○ Pre-Fitness Testing: Push-ups, Sit-ups, V-Sit-Reach ○ Setting SMART GOALS W, R Small Game Play Outside if time: football, soccer, frisbee C	Pre-Fitness Testing Sheet PE Points	Next Week football unit. Water bottle Pencil
Tuesday “I can set SMART Goals during my Pre-Fitness Testing Assessments this week and do my best to make the Healthy Fitness Zone Standards.”	<ul style="list-style-type: none"> ○ Do Now I ○ Four Corner Fitness, C, O ○ Dynamic Stretches C, I ○ Pre-Fitness Testing: Pacer Test ○ Setting SMART GOALS W, R Small Game Play Outside if time: football, soccer, frisbee C	Pre-Fitness Testing Sheet PE Points	Next Week football unit. Water bottle Pencil
Wednesday “I can set SMART Goals during my Pre-Fitness Testing Assessments this week and do my best to make the Healthy Fitness Zone Standards.”	<p style="text-align: center; margin: 0;">EARLY RELEASE DAY = 25 Minute PE Classes</p> <ul style="list-style-type: none"> ○ Do Now- Walk and Talk I ○ Four Corner Fitness, C, O ○ Dynamic Stretches C, O ○ Pre-Fitness Testing Make-ups ○ Kickball Outside/ Trench Ball if it Rains C 	Pre-Fitness Testing Sheet PE Points	Next Week football unit. Water bottle Pencil

<p>Thursday</p> <p>“I can set SMART Goals during my Pre-Fitness Testing Assessments this week and do my best to make the Healthy Fitness Zone Standards.”</p>	<ul style="list-style-type: none"> ○ Do Now I ○ Four Corner Fitness, C, O ○ Dynamic Stretches C, I ○ Pre-Fitness Testing: Mile Run ○ Setting SMART GOALS W, R <p>Small Game Play Outside if time: football, soccer, frisbee C</p>	<p>Pre-Fitness Testing Sheet</p> <p>PE Points</p>	<p>Next Week football unit.</p> <p>Water bottle</p> <p>Pencil</p>
<p>Friday</p> <p>“I can set SMART Goals during my Pre-Fitness Testing Assessments this week and do my best to make the Healthy Fitness Zone Standards.”</p>	<ul style="list-style-type: none"> ○ Do Now- Walk and Talk I ○ Four Corner Fitness ○ Dynamic Stretches C, O ○ Pre-Fitness Testing Make-ups ○ Kickball Outside/ Trench Ball if it Rains C 	<p>Pre-Fitness Testing Sheet</p> <p>PE Points</p>	<p>Next Week football unit.</p> <p>Water bottle</p> <p>Pencil</p>

Homework: Wear Proper shoes every day, hydrate, come ready to participate.

PE Points = Participation Grade, 100% or 75% (Not completing or participating in all activities)