



HIGH SCHOOL 9 WEEK LESSON PLANS SCOPE & SEQUENCE

Introduction	Week 1	Lesson 1	W1-L1	Introduction to First Day Exercise 1 & 2 on all signs
		Lesson 2	W1-L2	Introduction to Second Day Exercise 1 & 2 on all signs
		Lesson 3	W1-L3	Introduction to Third Day Exercise 1 & 2 on all signs
	Week 2	Lesson 4	W2-L4	Introduction to First Day Exercise 3 & 4 on all signs
		Lesson 5	W2-L5	Introduction to Second Day Exercise 3 & 4 on all signs
		Lesson 6	W2-L6	Introduction to Third Day Exercise 3 & 4 on all signs
6 Week Program	Week 3 <i>week 1 of 6 week program</i>	Lesson 7	W3-L7	First Day Exercises 1 & 2 on all signs
		Lesson 8	W3-L8	Second Day Exercises 1 & 2 on all signs
		Lesson 9	W3-L9	Third Day Exercise 1 (& 2?) on all signs and weekly summary
	Week 4 <i>week 2 of 6 week program</i>	Lesson 10	W4-L10	First Day Exercises 3 & 4 on all signs
		Lesson 11	W4-L11	Second Day Exercises 3 & 4 on all signs
		Lesson 12	W4-L12	Third Day Exercises 3 & 4 on all signs and weekly summary
	Week 5 <i>week 3 of 6 week program</i>	Lesson 13	W5-L13	First Day Exercise 1 & 3 on all signs
		Lesson 14	W5-L14	Second Day Exercise 1 & 3 on all signs
		Lesson 15	W5-L15	Third Day Exercise 1 & 3 on all signs and weekly summary
	Week 6 <i>week 4 of 6 week program</i>	Lesson 16	W6-L16	First Day Exercise 2 & 4 on all signs
		Lesson 17	W6-L17	Second Day Exercise 2 & 4 on all signs
		Lesson 18	W6-L18	Third Day Exercise 2 & 4 on all signs and weekly summary
	Week 7 <i>week 5 of 6 week program</i>	Lesson 19	W7-L19	First Day Exercise 1 & 4 on all signs
		Lesson 20	W7-L20	Second Day Exercises 1 & 4 on all signs
		Lesson 21	W7-L21	Third Day Exercises 1 & 4 on all signs and weekly summary
	Week 8 <i>week 6 of 6 week program</i>	Lesson 22	W8-L22	First Day Exercises 2 & 3 on all signs
		Lesson 23	W8-L23	Second Day Exercises 2 & 3 on all signs
		Lesson 24	W8-L24	Third Day Exercises 3 & 4 on all signs and weekly summary
Post Test	Week 9	Lesson 25	W9-L25	Post-test for ENERGI program
		Lesson 26	W9-L26	Post-test for ENERGI program
		Lesson 27	W9-L27	Final reflection of program & results of testing

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Intro/Practice/Pre-test
 6 Week Program
 Post Test/Summary





High School 9 Week Lesson Plans

Lesson 1: Demonstration/Rotation of Exercise 1 and 2 for Day 1 of ENERGI Program

Periods: 1

Materials: ENERGI fitness equipment



Standards:

- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Learning Objectives:

- Reflects on reasons for choosing to participate in selected physical activities.
- Uses correct form for exercises to reduce the chance of injury.

Lesson Procedures

1. Introduction: The teacher will introduce the ENERGI program by taking the students to the first station to view the exercise poster to identify all the proper exercises for each respected day. The teacher will announce that there are several approaches to this exercise program. Exercise programs will change every eight weeks. The approach the circuit training session will be demonstrated may change throughout the year.
2. The students will learn that each day has different exercises that work multiple muscle groups throughout the body. These exercises are listed by difficulty and may change day to day. Each station will have an exercise poster to help students if they have forgotten the proper form or technique for doing a particular exercise.
3. The class will begin at station one Dynamic Stretches, Active Movement, and Static Stretches. The two exercises (Exercise 1 Day 1) that will be learned today are the Alternating Knee Lift and the Calf Stretch. (Description and photo of exercises can be found in the exercise glossary under Station 1 exercises). The second set of exercises (Exercise 2 Day 1) that will be learned today are the Alternating Heel Kick and the Hip Stretch. (Description and photo of exercises can be found in the exercise glossary under Station 1 exercises).
4. The second station Pulling, Back Exercises, Angle Bar, and Hurdle Exercises. The two exercises (Exercise 1 Day 1) that will be taught are the Single Bar Horizontal Pull-Up and the Lateral Low Bar Jump Side To Side. (Description and photo of exercises can be found in the exercise glossary under Station 2 exercises). The second series of exercises (Exercise 2 Day 1) that will be taught are the Pointer Dog, Opposite Side and Hold and the Forward to Back Walk Over. (Description and photo of exercises can be found in the exercise glossary under Station 2 exercises).
5. Station number three includes Squat/Dips Exercises and Push Up/ Balance Exercises. The two exercises (Exercise 1 Day 1) listed for today are the Fast Squat and Push up (High Bar). (Description and photo of exercises can be found in the exercise glossary under Station 3 exercises). The other two exercises (Exercise 2 Day 1) listed for today are the Dip with Knees Bent and Plank Walk Heel to Toe (Description and photo of exercises can be found in the exercise glossary under Station 3 exercises).
6. Halfway through the circuit rotation the teacher will ask the students to review the first six rotations and proper technique for all exercises practiced at Stations one through three.
7. Station four includes the Power Step Exercises and Agility Step Exercises. The two exercises (Exercise 1 Day 1) that will be taught are Step-Up (Low Step) and V Step. (Description and photo of exercises can be found in the exercise glossary under Station 4 exercises). The next two exercises (Exercise 2 Day 1) that will be taught are Quick Lateral Knee-Up (Low Step) and Straddle Step. (Description and photo of exercises can be found in the exercise glossary under Station 4 exercises).
8. Station five includes Core/Torso exercises and Stabilizing/Balance Disc Exercises. The two exercises (Exercise 1 Day 1) that will be taught are Basic Sit-Ups and Squat and Hold. (Description and photo of exercises can be found in the exercise glossary under Station 5 exercises). The following two exercises (Exercise 2 Day 1) that will be taught are Alternating Knees In and Fast Squat. (Description and photo of exercises can be found in the exercise glossary under Station 5 exercises).
9. At the end of station five the teacher should review all exercises and rotations with the students. Students will practice rotation and exercises in small groups.
10. Closure: The teacher will introduce the focus for the next class the second day of rotation for exercise 1 and 2.
11. Health Fact or Fit Tip of the Day: An extremely important part of your fitness program is being able to measure your progress. Body fat testing is not painful, nor is it expensive. You can get it done at most any gym or fitness center.

Assessment of Objectives:

- The students will demonstrate proper technique for all exercises
- The teacher can evaluate each student by observing the proper technique and rotation of all exercises.
- The students can evaluate their knowledge by rotating to the correct exercise when asked by the teacher.

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