



Grades 9-12 Physical Education Electives Distance Learning Plan

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Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
Lesson/Topic:	Power and Speed	Agility and Coordination	Balance and Reaction Time	Health-related Components of Fitness	Goal Setting
Resources:	<p>***https://www.verywellfit.com/skill-related-fitness-components-4155209</p> <p>information can also be found pages 118-142 in HOPE part 1 ebook located in ANGEL under student textbooks for high school</p> <p>Printable PDF article available as well as well as Note-taking Guide (optional)</p>			<p>In article linked for days 1-3. Click on learn more: 5 Health Related Components of Fitness hyperlink</p> <p>Printable PDF article available</p>	<p>https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities/setting-goals/v/learnstorm-growth-mindset-how-to-write-a-smart-goal</p>
Task:	<p>Read Article up to Agility section</p> <p>Answer these 4 questions to check for your understanding of review of skills.</p> <p>A Note-taking Guide is available for use, although completely optional.</p>	<p>Read article through Coordination section.</p> <p>Answer these 3 questions to check for your understanding of review of skills.</p> <p>A Note-taking Guide is available for use, although completely optional.</p>	<p>Read article to the end.</p> <p>Answer these 3 questions to check for your understanding of review of skills.</p> <p>A Note-taking Guide is available for use, although completely optional.</p>	<p>Summarize the similarities and differences between health and skill-related components of fitness Organize Activities by Health Related and Skill</p>	<p>Set Practice Goals for one area of health related fitness and one for skill related fitness different from those in your fitness testing.</p> <p>A Note-taking Guide is available for use in organizing your</p>

	<p>Question 1: Power is a combination of speed and _____. Provide an example of when an athlete in a sport would exhibit power, be specific.</p> <p>Question 2: Give 5 example exercises that would target building Power.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. <p>Question 3: Speed specifically relates to repeatedly challenging both _____ and _____ systems. Your cardiorespiratory endurance is also targeted. Explain the differences between the two fitness systems.</p> <p>Question 4: Explain HIIT and the importance for improving speed.</p>	<p>Question 1: Provide an alternative example, other than those included in the text that would describe an instance where an athlete would need to utilize agility. Be Specific.</p> <p>Question 2: Think of 2 examples in regular daily life at home school or in community where you need to demonstrate some agility.</p> <p>Question 3: Think of 2 examples of when Hand/Eye or Hand/Foot Coordination is needed in athletics/PE and in regular daily life.</p>	<p>Question 1: Explain how you use balance all day long in regular daily life.</p> <p>Question 2: Think of 2 examples of when Reaction time is a factor in athletics/PE and in regular daily life.</p> <p>Question 3: Explain how these 6 skills can specifically help improve a sport. Be specific, choose one sport and provide example of an exercise/drill would help each skill-related fitness component. For that particular sport.</p>	<p>Related Fitness Attributes.</p> <p>A simple graphic organizer may be utilized to organize your thoughts. One is included in the optional Note-Taking Guide.</p>	<p>thoughts, although completely optional.</p>
Recommended Duration:	20 minutes	20 minutes	20 minutes	20 minutes	20 minutes