



Grades 9-12 JROTC 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:	*** https://www.verywellfit.com/skill-related-fitness-components-4155209 information can also be found pages 118-142 in HOPE part 1 ebook located in ANGEL under student textbooks for high school Printable PDF article available as well as well as Note-taking Guide (optional)			In article linked for days 1-3. Click on learn more: 5 Health Related Components of Fitness hyperlink Printable PDF article available	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
Task:	Read Article up to Agility section Answer these 4 questions to check for your understanding of review of skills. A Note-taking Guide is available for use, although completely optional.	Read article through Coordination section. Answer these 3 questions to check for your understanding of review of skills. A Note-taking Guide is available for use, although completely optional.	Read article to the end. Answer these 3 questions to check for your understanding of review of skills. A Note-taking Guide is available for use, although completely optional.	Summarize the similarities and differences between health and skill-related components of fitness Organize Activities by Health Related and Skill	Set Practice Goals for one area of health related fitness and one for skill related fitness different from those in your fitness testing. A Note-taking Guide is available for use in organizing your

	<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