

Trevor Pratt
James Enochs high school
Modesto Cross Fit
Michael Choate

Instructional strategies:

Curriculum will be weight training in the weight training class room.
Students will be in the weight room. I will use direct instruction modeling, partnering.

Objectives:

Students will be able to complete 50 burpees while partner holds plank position in 7 minutes.

Students will be able to hold plank position for a minimum of 1 minute.

Students will be able to work in a team atmosphere to accomplish a given goal.

Activities:

The students will be properly warmed up and stretched. Students will also understand and demonstrate proper technique. This will be done with direct instruction and modeling. Students will work together, competing in a 7 minute burpee/plank competition. Students will be held accountable in the measured objectives. Student's safety will be the top priority throughout the lesson plan.

Assessment:

Pre assessment:

Students will be pre tested in the burpee/plank. They must show competency in the movement before allowed to compete.

Post assessment:

Student's scores will be documented and a grade will be given based on a curve.

Products:

A score sheet of their score will be the product. This product will be used to measure progress throughout the year.