

**PTSD LESSON PLAN FORM**  
 Week of: August 26-30, 2019

	<b>TEACHER:</b> Yackovich <b>SUBJECT:</b> Physical Education 6, 7 & 8
M O N D A Y	<p><b>Objective(s):</b> The students will perform a variety of fitness test to assess flexibility, muscle strength, and cardiovascular endurance.</p> <p><b>Activity(ies):</b> The students will perform specific physical assessments to help students identify their personal fitness levels. Fill in goals on fitness.</p> <p><b>Informal/Formal Assessment:</b> Completed goal worksheet.</p> <p><b>Homework:</b></p>
T U E S D A Y	<p><b>Objective(s):</b> The students will perform a variety of fitness test to assess flexibility, muscle strength, and cardiovascular endurance.</p> <p><b>Activity(ies):</b> The students will perform specific physical assessments to help students identify their personal fitness levels. Fill in goals on fitness</p> <p><b>Informal/Formal Assessment:</b> Completed goal worksheet.</p> <p><b>Homework:</b></p>
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F R I D A Y	<p><b>Objective(s):</b> The students will perform a variety of fitness test to assess flexibility, muscle strength, and cardiovascular endurance.</p> <p><b>Activity(ies):</b> The students will perform specific physical assessments to help students identify their personal fitness levels. Fill in goals on fitness</p> <p><b>Informal/Formal Assessment:</b> Completed goal worksheet.</p> <p><b>Homework:</b></p>

