PTSD LESSON PLAN FORM
Week of: January 13-17, 2020

	TEACHER: Yackovich **SUBJECT: Physical Education 6, 7 & 8**
MONDAY	**Health class**
TUESDAY	**Health class**
WEDNESDAY	**Objective(s):** The students will perform a variety of fitness test to assess flexibility, muscle strength, and cardiovascular endurance **Activity(ies):** The students will perform a variety of fitness tests, to gage their personal fitness levels. Fill in goals on their fitness sheet **Informal/Formal Assessment:** Compare results with tests standards. **Homework:**
THURSDAY	**Objective(s):** The students will perform a variety of fitness test to assess flexibility, muscle strength, and cardiovascular endurance **Activity(ies):** The students will perform a variety of fitness tests, to gage their personal fitness levels. Fill in goals on their fitness sheet **Informal/Formal Assessment:** Compare results with tests standards. **Homework:**
FRIDAY	**Objective(s):** The students will perform a variety of fitness test to assess flexibility, muscle strength, and cardiovascular endurance **Activity(ies):** The students will perform a variety of fitness tests, to gage their personal fitness levels. Fill in goals on their fitness sheet **Informal/Formal Assessment:** Compare results with tests standards. **Homework:**