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| Monday    | TLW: Understand physical fitness  
Determine their own level of fitness  
Set a goal                      | Objective: Introduction to FPF  
Activities: Introduce Course/explain physical fitness, why is it important, how to improve physical fitness, Students will reference their current level of physical fitness and begin to collect thoughts on goals to improve upon their physical fitness. | FPF book chapter. 1         | Complete chapter review/current level of fitness |
| Tuesday   | TLW: Understand all rules and safety protocol for team sports  
Student will learn proper warm-up procedure    | Objective: Introduce Team Sports/Rules & Safety/Proper warm-up procedure  
Activities: Students will learn the purpose of team sports/ Rules and safety protocol will be learned and expectations will be known | Gym                        |                                    |
| Wednesday/Thursday | TLW: Understand all safety protocol when using the weight room  
Understand and demonstrate proper manipulation of all weight room equipment | Objective: Introduction to weight room/ safety and rules  
Activities: Move about the weight room learning the proper handling of equipment and understanding all safety protocol | Weight Room               |                                    |
| Friday    | TLW: Enter gym in proper manner  
Report to correct class location  
Follow proper warm-up protocol  
Follow proper warm-up protocol | Objective: Safety and Rules  
Activities: Demonstrate proper classroom arrival and warm-up procedure | Gym uniform               |                                    |

*TLW* = "The Learner Will" and it describes what the student will be doing in class on that day. This description should be specific. In Algebra I, the TLW could be “Work in groups to work polynomials; graph on white boards; present to class” The objective is the TEKS/TAKS/Project CLEAR objective that you are addressing. In Algebra I, the objective could be, “TEKS 4.a: Find function values, simplify polynomial expressions”.

Or in English II, the TLW could be, “Finish 1st draft of essay and work in pairs to proof read and provide feedback using rubric” and the objective might be, “TEKS 1.c: develop drafts both alone and collaboratively by organizing and reorganizing content and by refining style to suit occasion, audience, and purpose.” (Delete this explanation before you use it.)