

Distance Learning Lesson Plans Week One  
Mrs. Rains  
erains@tusd.net  
**Sports Medicine, Advanced PE/Competitive Athletics, & Aerobics**

Lesson Plans Week One:

**Advances PE, Competitive Athletics, & Aerobics**

Standards (Adv PE & Comp Athletics):

- HS Course 2.2.1-Participate in moderate to vigorous physical activity at least four days each week
- HS Course 2.2.2-Participate in challenging physical fitness activities using the principles of exercise to meet individual needs and interests
- HS Course 2.3.1-Participate in physical activities for personal enjoyment

Standards (Aerobics):

- HS Course 3B.1.3-Apply previously learned movement concepts to the learning and development of the motor skills required for successful participation in aerobic activities
- HS Course 3B.2.2-Engage independently and physical activity that increases aerobic capacity
- HS Course 3B.3.11-Engage in aerobic activities both in school and outside school

Objectives:

- Students will participate in physical activity during the Shelter in Place.
- Students will apply previously learned skills to participate in and around their home.

Assignment:

Students are required to exercise for 200 minutes per week. Students will complete an activity log with the name of the activity and the minutes they worked out. Workouts can be broken up in minutes as student wish. For example: a student can exercise 3 days a week for 67 minutes a day, 2 days a week for 100 minutes, 5 days a week for 40 minutes or any combination they would like. Exercise can be any combination of cardio, strength, or flexibility.

**Sports Medicine**

Chapters 22 & 23 Review

Standards:

- CTE.HSMT.B1.4 Illustrate the value of preventive and early intervention in relationship to health care practices
- CTE.HSMT.B2.3 Recognize common disease and disorders of the human body
- CTE.HSMT.B5.1 Use medical terminology in patient care appropriate to communicate information and observations.
- CTE.HSMT.B5.2 Accurately spell and define occupationally specific terms related to health care.
- CTE.HSMT.B9.3 Identify practices to prevent injuries and protect health, for self and others (i.e., seatbelts, helmets, and body mechanics).
- CTE.HSMT.B9.6 Explore consequences of not utilizing available wellness services and behaviors that prevent injury and illness

Objectives:

- Students will research injuries and maladies that affect the chest and abdomen.
- Students will research injuries and maladies that affect the head and face.
- Students will research Chronic traumatic encephalopathy (CTE) and write a one page paper.

Assignment #1-answer questions from Chapter 22

Assignment #2-answer questions from Chapter 23

Assignment #3-write a one page paper on Chronic traumatic encephalopathy (CTE)

**Digital and hardcopy assignments will be the same.**