

Middle Bucks Institute of Technology

Weekly Lesson Plan 02/22/21 Level 200/300

Program: _____ SEM _____

Teacher: _____ Mr. Castineira _____

Day	Content From PDE POS	Core Standard	Skills Demonstrate knowledge of.....	Activities Using these methods to learn...	Assessment How will I be evaluated?
Monday 02/22/21	700-708 -Focus on the importance of strength following an injury	CC.1.2.9-10.K CC.2.1.HS.F.4 CC.1.2.9-10.A	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	Lecture discussing the importance of strengthening post injury -Lab exercise going through different types of strengthening exercises	-Daily grade -Classroom Participation -Understanding terminology
Tuesday 02/23/21	700-708 -Focus on the importance of strength following an injury	CC.1.2.9-10.K CC.2.1.HS.F.4 CC.1.2.9-10.A	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	Lecture discussing the importance of strengthening post injury -Lab exercise going through different types of strengthening exercises	-Daily grade -Classroom Participation -Understanding terminology
Wednesday 02/24/21	700-708 -Focus on the importance of muscular endurance and stabilizing muscles	CC.1.2.9-10.K CC.1.2.9-10.K CC.1.2.11-12.A	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	-Learn the difference in strength and muscular endurance -Lab work working on stabilizing muscles and muscle endurance	-Daily grade -Classroom Participation -Using and understanding terminology
Thursday 02/25/21	700-708 -Understanding knowledge of and how it pertains to the field and different industries	CC.1.2.9-10.K CC.2.1.HS.F.4 CC.2.2.HS.D.1	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	-Learn the difference in strength and muscular endurance -Lab work working on stabilizing muscles and muscle endurance	-Daily Grade -Classroom Participation -Application of Biomechanics
Friday 02/26/21	700-708 -Directly relate Biomechanics to a patient who is going through physical Therapy	CC.1.2.9-10.K CC.2.1.HS.F.4 CC.2.2.HS.D.1	-Relaying the information used previously to clinically apply Biomechanics terms and information to PT	-Mock scenario showing understanding of Biomechanics term and applying it to movement	-Daily Grade -Classroom Participation -Mock scenario