

Middle Bucks Institute of Technology

Weekly Lesson Plan 03/08/21 Level 100

Program: _____ SEM _____

Teacher: _____ Mr. Castineira _____

Day	Content <i>From PDE POS</i>	Core Standard	Skills <i>Demonstrate knowledge of.....</i>	Activities <i>Using these methods to learn...</i>	Assessment <i>How will I be evaluated?</i>
Monday 03/08/21	600's -Setting goals and outcomes based on pre-participation worksheet and baseline testing	CC.3.5.11-12.H. CC.1.2.11-12.A	-Using SMART goals, short term and long term goals -Using goals the correct way based off baseline screening	-Setting goals for individual students and discussing the difference between short and long term goals -Writing pre-participation surveys	-Daily grade -Classroom Participation -Practical rubric and assessment
Tuesday 03/09/21	600's -Setting goals and outcomes based on pre-participation worksheet and baseline testing	CC.3.5.11-12.H. CC.1.2.11-12.A	-Using SMART goals, short term and long term goals -Using goals the correct way based off baseline screening	-Setting goals for individual students and discussing the difference between short and long term goals -Writing pre-participation surveys	-Daily grade -Classroom Participation -Practical rubric and assessment
Wednesday 03/10/21	600's --Basal Metabolic rate -Body mass index -Calculating and understanding what both mean	CC.1.2.9-10.K CC.1.2.11-12.A	-Calculating body mass index, and the different categories -Standard to metric system	-Performing calculations -Understanding what they mean and how they pertain to goal setting	-Daily grade -Classroom Participation -Practical rubric and assessment
Thursday 03/11/21	600's --Understanding different types of diets -Knowing the difference between diets and healthy weight loss	CC.3.5.11-12.H. CC.1.2.11-12.A	-Being aware of current fad diets and using knowledge to help patients lose weight -Deter fad diets	-Discussing on different diets and how to advice clients on picking a healthy lifestyle rather than a fad diet -Researching popular diets	-Daily grade -Classroom Participation
Friday 03/12/21	600's --Meeting with clients to for baseline and pre-participation surveys -Setting achievable goals for each individual client	CC.3.5.11-12.H. CC.1.2.11-12.A	-Introducing students and clients -Understand what each individual client would like to achieve over competition time	-Meeting with clients -Professional interactions -Follow up emails and scheduling clients for future sessions	-Daily grade -Classroom Participation

