

# Middle Bucks Institute of Technology

## Weekly Lesson Plan 04/05/21 Level 100

Program: \_\_\_\_\_ SEM \_\_\_\_\_

Teacher: \_\_\_\_\_ Mr. Castineira \_\_\_\_\_

<b>Day</b>	<b>Content From PDE POS</b>	<b>Core Standard</b>	<b>Skills Demonstrate knowledge of.....</b>	<b>Activities Using these methods to learn...</b>	<b>Assessment How will I be evaluated?</b>
Monday 04/05/21	OFF				
Tuesday 04/06/21	<b>600</b> -Introduction of principles of rehab	<b>CC.3.5.11-12.H.</b> <b>CC.1.2.11-12.A</b> <b>CC.3.5.9-10.B</b>	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	-PowerPoint Presentation discussing the fundamental and basic principles of rehabilitation -KWL on rehabilitation	-Weekly Journal -Daily grade -Classroom Participation
Wednesday 04/07/21	<b>600</b> -Introduction of principles of rehab	<b>CC.3.5.11-12.H.</b> <b>CC.1.2.11-12.A</b> <b>CC.3.5.9-10.B</b>	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	-PowerPoint Presentation discussing the fundamental and basic principles of rehabilitation -KWL on rehabilitation	-Weekly Journal -Daily grade -Classroom Participation
Thursday 04/08/21	<b>600</b> -Focus on the importance of flexibility following an injury	<b>CC.1.2.9-10.K</b> <b>CC.1.2.9-10.K</b> <b>CC.1.2.11-12.A</b>	-Relaying the information used previously to clinically apply Biomechanics terms and information to the field	-Lecture discussing the importance of flexibility post injury -Lab exercise going through different types of stretches	-Daily grade -Classroom Participation
Friday 04/09/21	<b>600</b> -Focus on the importance of strength following an injury	<b>CC.1.2.9-10.K</b> <b>CC.2.1.HS.F.4</b> <b>CC.2.2.HS.D.1</b>	-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