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| **Date Planned to Teach** | **Lesson Title** | **GLO’s** | **SLO’s** | **Learning Activities** | **Assessment** | **Safety** | **Instructional Strategies** | **Equipment** | **Mot** |
| March. 8 (Tuesday) | Pip, squeak, Grover |  |  |  |  |  |  |  |  |
| March. 10 ( |  |  |  |  |  |  |  |  |  |
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Rugby Unit – Phys. Ed. 10, 20, 30

B10-1 design, analyze and modify nutrition programs that will positively affect performance in physical activity

B10-2  demonstrate, monitor, analyze and reflect upon ways to achieve a personal functional level of physical fitness

A30-9 choreograph, perform and critique dance for self and others; e.g., jazz, social and novelty

Sports Ed 🡪 create nutrition plan for before, during, and after rugby games

🡪 heart rate before, during, and after game

🡪 Create your own haka dance

**Skills:**

Basic pass

Catching (<http://www.rugbyhow.com/rugby-catching.html>)

Students peer teach: http://www.rugbyhow.com/rugby-passing.html#Q10

One handed pass (flick pass)

Long pass (spiral)

Overhead pass (lob)

Spatial awareness

Kicking (http://www.rugbyhow.com/rugby-kicking.html)