

Week Plans can be adjusted shorter (3 weeks) or longer (9 Weeks) See Enrichment and Projects

3 week plan: 6 week plan 9 week plan	Week 1	Week 2 Week 2-4 Week-2-3	Week 3 Week 5-6 Week 4-5	Extra plans Extra Pans Week 6-9
Learning Objective:	<p>I can Identify and evaluate my eating habits, my physical fitness, and my physical fitness goals.</p> <p>I can understand basic nutritional needs, read food labels and identify healthy eating habits.</p>	<p>I can describe and explain the basic rules that govern the game of Rugby.</p> <p>I can demonstrate the basic proper passing and receiving techniques to advance the ball in the game of Rugby.</p> <p>I can demonstrate and explain the importance of spatial awareness and teamwork to successfully apply basic skills for the game of Rugby.</p>	<p>I can apply the basic rules that govern the game of Rugby.</p> <p>I can demonstrate the proper passing and receiving techniques to advance the ball in the game of Rugby.</p> <p>I can demonstrate and explain the importance of spatial awareness and teamwork to successfully apply skills for the game of Rugby.</p> <p>I can apply skills and strategies to advance the ball movement and support positions.</p>	<p>I can apply advanced concepts, skills and strategies to show the mystery of the game of Rugby.</p> <p>I can demonstrate good sportsmanship and teamwork to successfully play and discuss the game of Rugby.</p>
TEKS Standards Link to TEKS	<p>5.3 A 5.3 B 5.4 A 5.4 B</p>	<p>5.1 A,B,C,K, L 5.2 A,B,C 5.3 A, B, C 5.4 A, D 5.5 A, B, C, D 5.6 A, B 5.7 A, B, C</p>	<p>5.1 A,B,C,K, L 5.2 A,B,C 5.3 A, B, C 5.4 A, D 5.5 A, B, C, D 5.6 A, B 5.7 A, B, C</p>	<p>5.1 A,B,C,K, L 5.2 A,B,C 5.3 A, B, C 5.4 A, D 5.5 A, B, C, D 5.6 A, B 5.7 A, B, C</p>
Concept Vocabulary	<p>Nutrition, habit, active, motivation, healthy, fitness, Aerobic, Anaerobic, benefits, computation, comparison, compute, consumptions and calories.</p>	<p>Passing, Catching, Receiving, Spacing, Lines, Evasion, Tag , Grounding, Lateral Pass, Backward Pass and Teamwork.</p>	<p>Previous vocab from week 2-4 Offensive and defensive Shape, flat line, draw, and pass, running in support line outs and off loads.</p>	<p>Previous weeks plus teamwork, Scrum, and Running in support.</p>

Activities	<p>USDA “My Plate Brochure and Tips” My Activitieshttps://www.choosemyplate.gov/resources/MyPlatePlan</p> <p>PDF :My Plate Brochure My Fitness Goals and Daily Fitness Worksheets</p> <p>USDA Tool kit for teachers link</p>	<p>See link to skills cards: Rugby Relays, Circle passing Rugby Freeze Tag, US Eagles 1, Stars and Stripes, Ultimate Rugby, Ball Familiarization, Go Forward Basic Pass, Offensive Shape, running with the Ball and Defense with Flags</p>	<p>Draw and Pass, Advance Passing, Defensive Shape, Offensive Shape, Running in Support, Uncontested, Kicking for advancement.</p>	<p>Games that can include Keep away, Hot Potato, Ultimate Rugby, Flag Rugby, Just Score 1 vs. 1 2vs Rugby Rounder and Rugby Relay Run, Run 4 by 4 and Slide and Cover.</p>
Skills Cards:	<p>No Skills cards this week. Student be introduced to Rugby and Nutrition.</p> <p>Digital Student Notebook PDF Student Notebook</p>	<p>Link to Skills Cards Try On Rugby Skills Cards</p>	<p>Links to Skill Cards Try On Rugby Skills Cards</p>	<p>Links to Skill & Game Cards Try On Rugby Game Cards</p>
Reading and Writing and Technology Enrichment	<p>Use Hyperdoc in Reading Resources and other resources for students to research nutrition, fitness and rugby.</p> <p>Student Worksheet link</p>	<p>Describe the differences between the types of balls used in teams sports. (Soccer, Baseball, Basketball Football, Rugby) Link to article</p>	<p>Compare and Contrast Skills learned during the past 4-6 weeks</p>	<p>Write a paragraph about what you liked about the new game of Rugby.</p>
Other Essential Questions	<p>What can you do to achieve more fitness at home?</p> <p>Convince your family of the importance of healthy eating and a fitness regiment, the choose your favorite family meal, copy the recipe and share it with the class at school.</p>	<p>What is a score called in rugby? How many points is a try worth? What directions do we pass the ball in Rugby? Did you have fun learning the basic Skills?</p>	<p>What might make the game harder for the ball carrier?</p> <p>How important is communication among the players?</p> <p>What is the most effective place for you to stand to receive the pass while running?</p>	<p>How do the Star Drill, Group Tag and Slide and cover apply to a rugby game?</p>

Assessments	USDA link to Quiz Quizizz Link	Write a paragraph from the rugby balls perspective on what it is like to be a rugby ball.		Choose 10 Vocabulary terms and complete one choice from the vocab choice board for each word. Vocab/Spelling Choice Board
--------------------	---	---	--	--