**WEEKLY LESSON PLAN AIR FORCE JUNIOR ROTC**

**INSTRUCTORS: Lumpkin, Hood, Harris Room: D-12 LP 2 WEEK OF: 4 Sep-8 Sep 17**

**COURSE: PRACTICAL ART (Life Skills) CORE STANDARDS: 9.1 A, B 9.2 A. B, C, D, E, F**

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| MONDAY: 4 Sep 17 | |
| SUBJECT | NO SCHOOL – LABOR DAY | |
| OBJECTIVE(S) | Enjoy your day off! | |
| CONTENT |  | |
| METHOD |  | |
| TEXT |  | |
| ASSIGNMENT |  | |

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| TUESDAY: 5 Sep 17 | |
| SUBJECT | Reporting Procedures/Syllabus Review | |
| OBJECTIVE(S) | Know how to enter and leave the classroom. Review Classroom Rules. Introductions | |
| CONTENT | Mentor mentee get together & get to know one another. | |
| METHOD | Students introduce their classmates. | |
| TEXT | Cadet Guide, Drill & Ceremonies, Grooming Standards, Course Syllabus | |
| ASSIGNMENT | Packet – return form with parent signature due Wednesday 13 September. | |

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| WEDNESDAY: 6 Sep 17 | |
| SUBJECT | Presidential Fitness Test – Push Ups & Sit Ups | |
| OBJECTIVE(S) | Complete push-ups in one minute, sit ups in one minute | |
| CONTENT | Student safety: use mats, proper form | |
| METHOD | Demonstrate & record number of sit ups & push-ups for each eligible student | |
| TEXT | Wellness handouts, Presidential Fitness Test handouts | |
| ASSIGNMENT | Prepare for mandatory grooming standards inspection TOMORROW! | |

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| THURSDAY: 7 Sep 17 | |
| SUBJECT | Reporting Procedures/Syllabus Review | |
| OBJECTIVE(S) | Know how to enter and leave the classroom. Review Classroom Rules. Introductions | |
| CONTENT | Mentor mentee get together & get to know one another. | |
| METHOD | Students introduce their classmates. | |
| TEXT | Cadet Guide, Drill & Ceremonies, Grooming Standards, Course Syllabus | |
| ASSIGNMENT | Packet – return form with parent signature due Wednesday 13 September. | |

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| FRIDAY: 8 Sep 17 | |
| SUBJECT | Leadership Laboratory - flickerball | |
| OBJECTIVE(S) | Play an effective game of flickerball | |
| CONTENT | Flickerball rules and regulations | |
| METHOD | Lecture/practice flickerball | |
| TEXT | Flickerball handout | |
| ASSIGNMENT | Study for flickerball test Thursday 21 September. | |