**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. |