

MYERS -- HEALTH ENHANCEMENT I/FITNESS FOR LIFE/PHYSICAL FITNESS

3-Sept-2018

No School Labor Day

	PE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<h1>No School Labor Day</h1>			
TUESDAY	<p>Objective: Students will be able to analyze the quality of their diet and determine their potential for weight gain as they grow older through a slide show "what kind of eater am I" Students will be able to do so with at least 80% accuracy</p> <p>-students will continue to answer questions from the slide show, discuss/analyze their answers to help them determine their chances of unhealthy weight gain over the course of the next 10 years.</p> <p>-emphasis will be placed upon "health issues" related to unhealthy eating and weight gain</p> <p>*students will be assessed on</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "A" 3x3+, Aux 3x10. In addition, beginner lifters will be instructed on the safety as well as the precise technique of the "clean and squat" lift</p> <p>-students will record lifts as well as records set</p> <p>-students books will be checked throughout the class period as well as the end of the hour.</p> <p>*students will be graded on their warm-up, flexibility</p>	<p>Objective: Students will review the game of Flag Football. Students will discuss the terminology introduced last week and be able to perform these components of the game with at least 70% accuracy</p> <p>-procedures, terms, scoring, rules etc.</p> <p>-Students will practice the drills learned last week associated with the toss.</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p>*students will be assessed on their teamwork, attitude and participation</p>	<p>Objective: Students will review the game of Flag Football. Students will discuss the terminology introduced last week and be able to perform these components of the game with at least 70% accuracy</p> <p>-procedures, terms, scoring, rules etc.</p> <p>-Students will practice the drills learned last week associated with the toss.</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p>*students will be assessed on their teamwork, attitude and participation</p>
STATE STANDARDS	S1,B1,B4 S5,B4	S1,B1,B3 S4,B1,B2,B4 S7,B1B3,B5	S2,B1 S3,B1,B2,B3 S7,B1,B2,B3,B4,B5	S2,B1 S3,B1,B2,B3 S7,B1,B2,B3,B4,B6
COMMON CORE	CCRR.1, CCRSL.1, CCRSL.2 SL.1.c, SL.1.d	CCRR.1, CCRR.4, CCRR.7, CCRR.10, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRSL.1, CCRSL.2 SL.1, SL.1.c, SL.1.d, SL.3	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d
WEDNESDAY	<p>Objective: Students will continue to play a basic fundamental game of razzle dazzle closely related to flag football with at least 70% proficiency.</p> <p>-Students will warm up with 2 indies and stretch</p> <p>-Review/practice 4 steps to proper throwing tech - Drill</p> <p>-Review/practice 3 proper steps to catching tech - Drill</p> <p>-Review/practice proper steps to tossing, hiking and blocking tech - Drill</p> <p>-Begin play while stopping play during important times for instruction</p> <p>*Students will be assessed on their warm-up jog, flexibility routine, attitude, sportsmanship and effort during the drills</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "B" 3x3+, Aux 3x10. In addition, beginner lifters will be instructed on the safety as well as the precise technique of the "clean and squat" lift</p> <p>-students will record lifts as well as records set</p> <p>-students books will be checked throughout the class period as well as the end of the hour.</p> <p>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will continue the game of Flag Football. Students will be able to perform basic drills of Flag Football play such as the:</p> <p>-toss, punt and kick with at least 70% accuracy</p> <p>-Students will practice the drills learned last week associated with the toss.</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p>*students will be assessed on their teamwork, attitude and participation</p>	<p>Objective: Students will continue the game of Flag Football. Students will be able to perform basic drills of Flag Football play such as the:</p> <p>-toss, punt and kick with at least 70% accuracy</p> <p>-Students will practice the drills learned last week associated with the toss.</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p>*students will be assessed on their teamwork, attitude and participation</p>
STATE STANDARDS	S2,B1 S3,B1,B2,B3 S7,B1,B2,B3,B4,B5	S1,B1,B3 S4,B1,B2,B4 S7,B1B3,B4	S2,B1 S3,B1,B2,B3 S7,B1,B2,B3,B4,B5	S2,B1 S3,B1,B2,B3 S7,B1,B2,B3,B4,B6

COMMON CORE	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCRR.1, CCRR.4, CCRR.7, CCRR.10, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRSL.1, CCRSL.2 SL.1, SL.1.c, SL.1.d, SL.2	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d
THURSDAY	<p><u>Tuesday's Lesson Continued</u></p> <p>Objective: Students will continue to analyze the quality of their diet and determine their potential for weight gain as they grow older through a slide show "what kind of eater am I"</p> <p>-students will answer and discuss/analyze their answers to help them determine their chances of unhealthy weight gain over the course of the next 10 years.</p> <p>-emphasis will be placed</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "C" 3x3+, Aux 3x10. In addition, beginner lifters will be instructed on the safety as well as the precise technique of the "clean and squat" lift</p> <p>-students will record lifts as well as records set</p> <p>-students books will be checked throughout the class period as well as the end of the hour.</p> <p>*students will be assessed on their warm-up, flexibility</p>	<p>Objective: Students will continue the game of Flag Football. Students will be able to perform basic drills of Flag Football play such as the:</p> <p>-toss, punt and kick with at least 70% accuracy</p> <p>-Students will practice the drills learned last week associated with the toss.</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p>*students will be assessed</p>	<p>Objective: Students will continue the game of Flag Football. Students will be able to perform basic drills of Flag Football play such as the:</p> <p>-toss, punt and kick with at least 70% accuracy</p> <p>-Students will practice the drills learned last week associated with the toss.</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p>*students will be assessed</p>
STATE STANDARDS	S1,B1,B4 S5,B4	S1,B1,B3 S4,B1,B2,B4 S7,B1B3,B4	S2,B1 S3,B1,B2,B3 S7,B1,B2,BB3,B4,B5	S2,B1 S3,B1,B2,B3 S7,B1,B2,BB3,B4,B6
COMMON CORE	CCRR.1, CCRSL.1, CCRSL.2 SL.1.c, SL.1.d	CCRR.1, CCRR.4, CCRR.7, CCRR.10, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRSL.1, CCRSL.2 SL.1, SL.1.c, SL.1.d, SL.2	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCRR.1, CCRSL.1, CCRSL.2, CCRR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d
FRIDAY	Objective: Co-ed/free activity for students that do not have fitness makeup. 20-minute Nordic Walkerz. Those with no makeup will have free activity: volleyball, badminton, wiffle ball, walking, jogging, etc. Students must be moving.	<p>Objective: Students will continue their BFS lifting routines. Workout "D" 3x3+, Aux 3x10. In addition, beginner lifters will be instructed on the safety as well as the precise technique of the "clean and squat" lift</p> <p>-students will record lifts as well as records set</p> <p>-students books will be checked throughout the class period as well as the end of the hour.</p> <p>*students will be assessed</p>	Objective: Co-ed/free activity for students that do not have fitness makeup. 20-minute Insanity. Those with no makeup will have free activity: volleyball, badminton, wiffle ball, walking, jogging, etc. Students must be moving.	Objective: Co-ed/free activity for students that do not have fitness makeup. 20-minute Insanity. Those with no makeup will have free activity: volleyball, badminton, wiffle ball, walking, jogging, etc. Students must be moving.
STATE STANDARDS	S2, B1 S3, B2 S7, B1, B2, B4, B5	S2, B1 S3, B2 S7, B1, B2, B4, B6	S2, B1 S3, B2 S7, B1, B2, B4, B7	S2, B1 S3, B2 S7, B1, B2, B4, B8
COMMON CORE	CCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d