

**MYERS -- HEALTH ENHANCEMENT I/FITNESS FOR LIFE/PHYSICAL FIT  
27-Aug-2018**

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN
<b>MONDAY</b>	<p><b>Objective: Students will get to know me I will get to know them by enjoying a name tag game. Students will learn and understand the "Locker Room, Gym and Seminar Room" expectations, grading and participation policies</b> *Locks and lockers will be issued</p>	<p><b>Objective: Students will get to know me I will get to know them by enjoying a name tag game. Students will learn and understand the "Locker Room, Gym and Seminar Room" expectations, grading and participation policies</b> *Locks and lockers will be issued</p>	<p><b>Objective: Students will get to know me I will get to know them by enjoying a name tag game. Students will learn and understand the "Locker Room, Gym and Seminar Room" expectations, grading and participation policies</b> *Locks and lockers will be issued</p>
	<p><b>Objective: Students will begin the study of nutrition. 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"</b> -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. <b>*students will be assessed on their class participation</b></p>	<p><b>Objective: Students will be able to follow the essential daily routines associated with weight training..</b> _Students will warm up with a 5 laps followed by the BFS stretching routine -Students will begin the study of recording lifting daily performances *Students will watch and discuss the lifting safety video <b>*students will be assessed on their class participation</b></p>	<p><b>Objective: Students will be introduced to the game of Rugby. Students will study through class discussion the -procedures, terms, scoring scrummage, line-out, ruck, maul, fouls, off-side, on-side, in-goal, in touch and the field</b> -If time allows students will begin drills associated with the toss through a fun/hard workout of modified hot potatoe <b>*students will be assessed on their teamwork, attitude and participation</b></p>
<b>TUESDAY</b>			

WEDNESDAY	<p><b>Objective: Students will begin the "Nordic Walkerz" fitness unit to increase their cardiovascular fitness through a 20 minute workout.</b></p> <p>*Students will warm up with 2 indy's/stretch</p> <p>*Students will utilize the nordic walkerz to elevate their heart rate - 20 min. duration</p> <p><b>*students will be assessed on their effort and participation during the workout.</b></p>	<p><b>Objective: Students will be introduced to all the BFS lifts necessary to become Better/Bigger Faster/Stronger</b></p> <p>-Students will warm up with a half mile followed by the BFS stretching routine</p> <p>-Instruction and demonstration of the core lifts followed by the auxillary lifts will be performed</p> <p><b>*students will be assessed on their work ethic, attitude and participation</b></p>	<p><b>Objective: Students will begin the game of Flag Football. Students will discuss the terminology introduced and be able to perform these components of the game with at least 70% accuracy</b></p> <p>-procedures, terms, scoring, rules etc.</p> <p>-Students will practice drills tossing, catching, passing, hiking</p> <p>-Basic/modified game will be played stopping at all points that warrant instruction of the rules or skills</p> <p><b>*students will be assessed on their teamwork, attitude and participation</b></p>
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THURSDAY

FRIDAY

# NO SCHOOL LABOR DAY WEEK!

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**END**