

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

10-Sept-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will begin the "Nordic Walkerz" fitness unit to increase their cardiovascular fitness through a 20 minute workout.</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>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<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 graded on their warm-up, flexibility and attitude/effort during the workout</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
TUESDAY	<p><u>Thursday'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 upon "health issues" related to unhealthy eating and weight gain</p> <p>*students will be assessed on their attitude and class participation</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "A" 5x5+, Aux 15x10x5. 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 perform the daily warm-up/stretch routine as well as an introduction to the total body "21-Day Fix" workout. This workout incorporates cardio, toning and flexibility for the whole body.</p> <p>-Students will perform 8 moves @ 30 sec each x 2 rounds</p> <p>-These moves will incorporate total body movements to strengthen:</p> <p>*core, shoulders, glutes, hams, thighs</p> <p>*students will be graded 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 80% accuracy</p> <p>-Students will warm up with passing/catching/hiking</p> <p>-Students will play a game of football</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> <ul style="list-style-type: none"> -Students will warm up with 2 indies and stretch -Review/practice 4 steps to proper throwing tech - Drill -Review/practice 3 proper steps to catching tech - Drill -Review/practice proper steps to tossing, hiking and blocking tech -- Drill -Begin play while stopping play during important times for instruction <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" 5x5+, Aux 15x10x5. In addition, beginner lifters will be instructed on the safety as well as the precise technique of the "clean and squat" lift</p> <ul style="list-style-type: none"> -students will record lifts as well as records set -students books will be checked throughout the class period as well as the end of the hour. <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> <ul style="list-style-type: none"> -toss, punt and kick with at least 70% accuracy -Students will warm up with passing/catching/hiking -Ladies will play a basic/modified game of football <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> <ul style="list-style-type: none"> -toss, punt and kick with at least 80% accuracy -Students will warm up with passing/catching/hiking -Students will play a game of football <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>Objective: Students will be able to evaluate their eating habits through a powerpoint quiz that will determine whether they are eating for reasons of hunger or appetite</p> <ul style="list-style-type: none"> *Students will answer questions relating to appetite and hunger *Through their results and discussion students will determine why and when they do or should eat <p>*Students will be assessed on their note taking, attitude and participation</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "C" 5x5+, Aux 15x10x5. In addition, beginner lifters will be instructed on the safety as well as the precise technique of the "clean and squat" lift</p> <ul style="list-style-type: none"> -students will record lifts as well as records set -students books will be checked throughout the class period as well as the end of the hour. <p>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will perform the daily warm-up/stretch routine as well as an introduction to the total body "21-Day Fix" workout. This workout incorporates cardio, toning and flexibility for the whole body.</p> <ul style="list-style-type: none"> -Students will perform 8 moves @ 30 sec each x 2 rounds -These moves will incorporate total body movements to strengthen: <p>*core, shoulders, glutes, hams, thighs</p> <p>*students will be graded 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> <ul style="list-style-type: none"> -toss, punt and kick with at least 80% accuracy -Students will warm up with passing/catching/hiking -Students will play a game of football <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,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	<p>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>	<p>Objective: Co-ed/free activity for students that do not have fitness makeup. 20-minute jog. Those with no makeup will have free activity: volleyball, badminton, wiffle ball, walking, jogging, etc. Students must be moving.</p>	<p>Objective: Co-ed/free activity for students that do not have fitness makeup. 20-minute jog. Those with no makeup will have free activity: volleyball, badminton, wiffle ball, walking, jogging, etc. Students must be moving.</p>	<p>Objective: Co-ed/free activity for students that do not have fitness makeup. 20-minute jog. Those with no makeup will have free activity: volleyball, badminton, wiffle ball, walking, jogging, etc. Students must be moving.</p>
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