

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

24-Sept-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will continue the "Nordic Walkerz" fitness unit to increase their cardiovascular fitness through a 20 minute workout. *Students will warm up with 2 indy's/stretch *Students will utilize the nordic walkerz to elevate their heart rate - 20 min. duration *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" 10.8.6+, Aux 3x10 -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. *students will be graded on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will begin the "Advanced Volleyball" unit. Students will be able to identify and perform the proper technique for the pass, set, serve and attack with at least 80% proficiency *students will warm up with 2 indies and stretch *students will drill the pass and set beginning with simple skills moving to those more complex *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</p>	<p>Objective: Students will begin the "Advanced Volleyball" unit. Students will be able to identify and perform the proper technique for the pass, set, serve and attack with at least 80% proficiency *students will warm up with 2 indies and stretch *students will drill the pass and set beginning with simple skills moving to those more complex *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</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>Objective: Students will be introduced to and be able to know and explain the "6 Essential Nutrients" of nutrition with at least 80% accuracy. Carbohydrates will be the 1st focus which will include the qualities and purpose of carbs, two types of carbs, % of daily intake and what foods contain carbs. *through group work/discussion and slide show/note taking *students will organize and retain all notes and materials for the final nutrition portfolio *students will be graded on their input, attentiveness and creativity.</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "A" 3x3+, Aux 3x10. -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. *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. -Students will perform 8 moves @ 30 sec each x 2 rounds -These moves will incorporate total body movements to strengthen: *core, shoulders, glutes, hams, thighs *students will be graded on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will continue the "Advanced Volleyball" unit. Students will be able to identify and demonstrate the proper technique for the pass, set, serve and attack with at least 80% proficiency *students will review/drill the pass and set beginning with simple skills moving to those more complex -students will focus on and perform/drill the serve and attack beginning with simple skills moving to those more complex *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</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" 3x3+, Aux 3x10.</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 "Advanced Volleyball" unit. Students will be able to identify and demonstrate the proper technique for the pass, set, serve and attack with at least 80% proficiency</p> <ul style="list-style-type: none"> *students will review/drill the pass and set beginning with simple skills moving to those more complex -students will focus on and perform/drill the serve and attack beginning with simple skills moving to those more complex <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</p>	<p>Objective: Students will continue the "Advanced Volleyball" unit. Students will be able to identify and demonstrate the proper technique for the pass, set, serve and attack with at least 80% proficiency</p> <ul style="list-style-type: none"> *students will warm-up the shoulders w/partner serve *students will play 3vs3 "queen of the court" <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</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 (continue) to be introduced to and be able to know and explain the "6 Essential Nutrients" of nutrition with at least 80% accuracy. Carbohydrates will be the 1st focus which will include the qualities and purpose of carbs, two types of carbs, % of daily intake and what foods contain carbs.</p> <ul style="list-style-type: none"> *through group work/discussion and slide show/note taking *students will organize and retain all notes and materials for the final nutrition portfolio <p>*students will be graded on their input, attentiveness and creativity.</p> <p>**Students will be journalizing their eating habits for the week. Students will write in complete sentences.</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "C" 3x3+, Aux 3x10.</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>**Students will be journalizing their eating habits (use handout for as a guide) for the week. Students will write in complete sentences.</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: <ul style="list-style-type: none"> *core, shoulders, glutes, hams, thighs <p>*students will be graded on their warm-up, flexibility and attitude/effort during the workout</p> <p>**Students will be journalizing their eating habits (use handout for as a guide) for the week. Students will write in complete sentences.</p>	<p>Objective: Students will continue the "Advanced Volleyball" unit. Students will be able to identify and demonstrate the proper technique for the pass, set, serve and attack with at least 80% proficiency</p> <ul style="list-style-type: none"> *students will warm-up the shoulders w/partner serve *students will play 3vs3 "queen of the court" <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</p> <p>**Students will be journalizing their eating habits (use handout for as a guide) for the week. Students will write in complete sentences.</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: Studentw will play a combined games of 3vs3 queen of the court. Students not wishing to play may have free activity: volleyball (other court) walking, jogging, etc. Students must be moving.	Objective: Studentw will play a combined games of 3vs3 queen of the court. Students not wishing to play may have free activity: volleyball (other court) walking, jogging, etc. Students must be moving.	Objective: Studentw will play a combined games of 3vs3 queen of the court. Students not wishing to play may have free activity: volleyball (other court) walking, jogging, etc. Students must be moving.	Objective: Studentw will play a combined games of 3vs3 queen of the court. Students not wishing to play may have free activity: volleyball (other court) 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