

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

1-Oct-2018

| | HE I | PHYSICAL FITNESS | FIT FOR LIFE/WOMEN | FIT FOR LIFE/CO-ED |
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| 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" 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 continue 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 continue 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" 5x5+, Aux 15x10x5. -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 "Core" workout. This workout incorporates 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 |

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| 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" 5x5+, Aux 15x10x5.</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 "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> <p>*students will review/drill the pass and set beginning with simple skills moving to those more complex</p> <p>-students will focus on and perform/drill the serve and attack beginning with simple skills moving to those more complex</p> <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> <p>*students will warm-up the shoulders w/partner serve</p> <p>*students will play 3vs3 "queen of the court"</p> <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> <p>*through group work/discussion and slide show/note taking</p> <p>*students will organize and retain all notes and materials for the final nutrition portfolio</p> <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" 5x5+, Aux 15x10x5.</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> | 0-0c | <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> <p>*students will warm-up the shoulders w/partner serve</p> <p>*students will play 3vs3 "queen of the court"</p> <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 |

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| 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 |