

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

8-Oct-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will continue the volleyball unit. Students will be able to identify and perform the basic technique for the pass, set, serve and hit with at least 70% accuracy. *Students will warm up with 2 indy's/stretch/warm up shoulders *Students will continue to play their queen of the court competition. *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" 5x5+, 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 warm up shoulders and play *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 warm up shoulders and play *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. Proteins will be the focus/the quality and purpose/what foods contain proteins *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" 10x8x6, 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 "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 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 warm up shoulders and play *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 the volleyball unit. Students will be able to identify and perform the basic technique for the pass, set, serve and hit with at least 70% accuracy.</p> <p>*Students will warm up with 2 indy's/stretch/warm up shoulders</p> <p>*Students will continue to play their queen of the court competition.</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 "B" 10x8x6, Aux 3x10.</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 perform the proper technique for the pass, set, serve and attack with at least 80% proficiency</p> <p>*students will warm up with 2 indies and stretch</p> <p>*students will warm up shoulders and play</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 perform the proper technique for the pass, set, serve and attack with at least 80% proficiency</p> <p>*students will warm up with 2 indies and stretch</p> <p>*students will warm up shoulders and play</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 be introduced to and be able to know and explain the "6 Essential Nutrients" of nutrition with at least 80% accuracy. Proteins will be the focus/the quality and purpose/what foods contain proteins</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 (use handout as a guide) for the week. Students will write in complete sentences.</p>	<p>Objective: Students will continue their BFS lifting routines. Workout "C" 10x8x6, Aux 3x10.</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>**Students will be journalizing their fitness habits (use handout 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 the "relax yoga" workout. This workout incorporates relaxation, toning and flexibility for the whole body.</p> <p>-These moves will incorporate total body movements to relax and lengthen</p> <p>*students will be graded on their warm-up, flexibility and attitude/effort during the workout</p> <p>**Students will be journalizing their fitness habits (use handout 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 perform the proper technique for the pass, set, serve and attack with at least 80% proficiency</p> <p>*students will warm up with 2 indies and stretch</p> <p>*students will warm up shoulders and play</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 fitness habits (use handout 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	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</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