

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

29-Oct-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will begin the "junk yard" games unit. Students will be able to perform the basic technique for throwing, catching, running and teamwork with at least 70% accuracy.</p> <p>*Students will warm up with 1 indy's/stretch</p> <p>*Students will learn rules and play traditional mat ball</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 "A" 5x5+, Aux 15.10.5</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 begin a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will drill the dribble, pass, shooting...</p> <p>*students will re-refresh the rules</p> <p>*students will begin a game</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</p>	<p>Objective: Students will begin a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will drill the dribble, pass, shooting...</p> <p>*students will re-refresh the rules</p> <p>*students will begin a game</p> <p>*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,B6	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 begin the study of "calorie density" in relation to food. Students will be able to identify foods of low/high energy density and have a knowledgable base in choosing healthful foods of low ED with at least 80% accuracy</p> <p>*through discussion and note taking students will understand the importance of choosing foods low in energy density as well as what those choices do for ones overall health and energy</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>Objective: Students will continue their BFS lifting routines. Workout "B" 5x5+, Aux 15.10.5</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 a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will drill the dribble, pass, shooting...</p> <p>*students will re-refresh the rules</p> <p>*students will begin a game</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</p>	<p>Objective: Students will continue a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will drill the dribble, pass, shooting...</p> <p>*students will re-refresh the rules</p> <p>*students will begin a game</p> <p>*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,B6	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 "junk yard" games unit. Students will be able to perform the basic technique for throwing, catching, running and teamwork with at least 70% accuracy.</p> <p>*Students will warm up with 1 indy's/stretch</p> <p>*Students will learn rules and play traditional mat ball</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 "C" 5x5+, Aux 15.10.5</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 a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will begin a game</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the drills</p>	<p>Objective: Students will continue a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will begin a game</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,B6	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 the study of "calorie density" in relation to food. Students will be able to identify foods of low/high energy density and have a knowledgeable base in choosing healthful foods of low ED with at least 80% accuracy</p> <p>*through discussion and note taking students will understand the importance of choosing foods low in energy density as well as what those choices do for ones overall health and energy</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 fitness 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 "D" 5x5+, Aux 15.10.5</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 continue a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will begin a game</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>	<p>Objective: Students will continue a "team handball" unit. Students will be able to dribble, shoot, defend with at least 80% proficiency</p> <p>*students will warm up with 1 indies and stretch</p> <p>*students will begin a game</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,B6	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 junk yard game. 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 junk yard game. 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 junk yard game. 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 junk yard game. 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	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d