

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

12-Nov-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will begin the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All skill will be performed with at least 70% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will drill passing/catching and throws</p> <p>*Students will learn rules and play (modified game if necessary)</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 3x3, 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 begin the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All skill will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will drill passing/catching and throws</p> <p>*Students will learn rules and play (modified game if necessary)</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</p>	<p>Objective: Students will begin the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All skill will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will drill passing/catching and throws</p> <p>*Students will learn rules and play.</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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 continue to learn and understand the cause and effect of "The Obesity Epidemic in America" with at least 80% accuracy. This study explains 8 main reasons our nation is out of balance with their weight and why it is reaching epidemic proportions.</p> <p>*slide show with group work, notes and discussion will occur over the 8 main reasons for the cause of obesity in America</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. Students will max this week beginning with Workout "B" 3x3, 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 game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All play will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will review rules and play (modified game if necessary)</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</p>	<p>Objective: Students will continue the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All play will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will review rules and play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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. Students will max this week beginning with Workout "C" 3x3, 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 game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All play will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</p>	<p>Objective: Students will continue the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All play will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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 to learn and understand the cause and effect of "The Obesity Epidemic in America" with at least 80% accuracy. This study explains 8 main reasons our nation is out of balance with their weight and why it is reaching epidemic proportions.</p> <p>*slide show with group work, notes and discussion will occur over the 8 main reasons for the cause of obesity in America</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 nutrition 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. Students will max this week beginning with Workout "D" 3x3, 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 continue the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All play will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</p> <p>**Students will be journalizing their nutrition habits (use handout as a guide) for the week. Students will write in complete sentences.</p>	<p>Objective: Students will continue the game of "Tchoukball" This is a very fun fast moving game blending skill and strategy!</p> <p>The object of the game is to score points for your team by throwing the ball at a rebounding net in such a way the opposing team cannot catch the rebound. Students will practice quick passes to move the ball down the court and shots at the net. All play will be performed with at least 80% accuracy.</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*Students will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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: Students 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: Students 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: Students 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: Students 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	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