

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

26-Nov-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will begin the basic game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 70% accuracy.</p> <p>-students will begin serving drills -students will begin forehand/backhand shots -students will begin lob shots</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 5x5, Aux 15x10x5</p> <p>-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> <p>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will begin the advanced game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 70% accuracy.</p> <p>-students will begin serving drills -students will begin forehand/backhand shots -students will begin lob shots</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</p>	<p>Objective: Students will begin the advanced game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <p>-students will begin serving drills -students will begin forehand/backhand shots -students will begin lob shots</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</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 *students will be discussing to much sugar in our diet *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. Students will max this week beginning with Workout "B" 5x5, Aux 15x10x5</p> <p>-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> <p>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will continue the advanced game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <p>-students will practice serving drills -students will practice forehand/backhand shots -students will practice lob shots -students will be briefed on the rules of play and scoring</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</p>	<p>Objective: Students will continue the advanced game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <p>-students will practice serving drills -students will practice forehand/backhand shots -students will practice lob shots -students will be briefed on the rules of play and scoring</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</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 basic game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 70% accuracy.</p> <ul style="list-style-type: none"> -students will cont serving drills -students will cont forehand/backhand shots -students will begin lob shots <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "C" 5x5, Aux 15x10x5</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 game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <ul style="list-style-type: none"> -students will review the rules of play and scoring -students will play <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</p>	<p>Objective: Students will continue the advanced game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <ul style="list-style-type: none"> -students will review the rules of play and scoring -students will play <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</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 be discussing eating bigger portions and eating to often</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" 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>**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 game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <p>-students will review the rules of play and scoring</p> <p>-students will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</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 advanced game of pickle ball. Pickle Ball is an energetic game that incorporates, tennis, and badminton. Students will be able to perform the fundamentals of the game such as serving, forehand/backhand and lob hits to score. Students will be able to apply the rules of play as well as the skills with at least 80% accuracy.</p> <p>-students will review the rules of play and scoring</p> <p>-students will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</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	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</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