

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

10-Dec-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 tournament</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" 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 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 tournament</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 begin tournament</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 begin the study "How to read a food label" Students will understand the % of Daily Recommendations, servings, calories/serving, trans fat and fat free, cholesterol. Students will be able to do so with 80% accuracy</p> <p>*2 food labels per student will be evaluated, discussed and recorded on a questionnaire</p> <p>*Students will be graded on their food label questionnaire as well as attentiveness and timeliness of the assignment</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 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 70% accuracy.</p> <p>-students will begin tournament</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 begin tournament</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> <p>-students will begin tournament</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</p> <p>**Just Dance lobby due to Band Concert</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 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 70% accuracy.</p> <p>-students will begin tournament</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 begin tournament</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	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
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THURSDAY	<p>Objective: Students will finalize the study "How to read a food label" Students will understand the % of Daily Recommendations, servings, calories/serving, trans fat and fat free, cholesterol. Students will be able to do so with 80% accuracy</p> <p>*2 food labels per student will be evaluated, discussed and recorded on a questionnaire</p> <p>*Students will be graded on their food label questionnaire as well as attentiveness and timeliness of the assignment</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. 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>**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 70% accuracy.</p> <p>-students will begin tournament</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>	<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 begin tournament</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	CCR.1, CCRSL.1, CCRSL.2 SL.1.c, SL.1.d	CCR.1, CCR.4, CCR.7, CCR.10, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRSL.1, CCRSL.2 SL.1, SL.1.c, SL.1.d, SL.2	CCR.1, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCR.1, CCRSL.1, CCRSL.2, CCR.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, 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, 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, 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, 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