

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

17-Dec-2018

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<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 continue tournament *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 3x10</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. *students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</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 review/organization of notes/handouts etc of the nutrition unit. This valuable information will assist them in preparation of semester tests in January.</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" 5x5, Aux 3x10</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. *students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</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 FINISH 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 finish tournament *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 3x10</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. *students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</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 review/organization of notes/handouts etc of the nutrition unit. This valuable information will assist them in preparation of semester tests in January.</p> <p>*Students will be graded on their food label questionnaire as well as attentiveness and timeliness of the assignment</p> <p>***NO CLASS THURSDAY 6TH PERIOD DUE TO BASKETBALL DOUBLE HEADER ***NO CLASS FRIDAY 6TH PERIOD DUE TO EARLY OUT FOR CHRISTMAS BREAK</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "D" 5x5, Aux 3x10</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. *students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p> <p>***NO LIFTING THURSDAY 7TH PERIOD DUE TO BASKETBALL DOUBLE HEADER ***NO CLASS FRIDAY 7TH PERIOD DUE TO EARLY OUT FOR CHRISTMAS BREAK</p>	<p>Objective: Students will re-visit 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 *students will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>***NO GYM THURSDAY DUE TO BASKETBALL DOUBLE HEADER ***NO CLASS FRIDAY TO EARLY OUT FOR CHRISTMAS BREAK</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

Merry Christmas Activities

COMMON
CORE

STATE
STANDARDS
