

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

07-Jan-2019

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will begin the game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 70% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</p> <p>*students will play modified games until skill level rises</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 "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 begin the game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</p> <p>*students will play modified games until skill level rises</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 game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</p> <p>*students will play modified games until skill level rises</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 learn what humantrafficking is, including the specific three words: force coercion and fraud. Students will gain a better understanding of the current presence of human trafficking both globally and locally. Students will brainstorm possible ways to respond and help fight human trafficking within their community and sphere of influence. Students will respond to the newly acquired knowledge and awareness of human trafficking creating a personal expression poster of their thoughts/feelings.</p> <p>*Students will write on a note card how they would define human trafficking.</p> <p>*Allow 'students' to 'share' their 'working' definitions of human trafficking with the class (volunteers' only).</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 "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>Objective: Students will begin the game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</p> <p>*students will play modified games until skill level rises</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 game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</p> <p>*students will play modified games until skill level rises</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 game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 70% accuracy.</p> <p>*students will warm up with basic drill such as throwing and catching, scooping</p> <p>*students will play a modified game until skill level rises</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 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 "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will play games</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 game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will play game</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
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 learning what human trafficking is, including the specific three words: force coercion and fraud. Students will gain a better understanding of the current presence of human trafficking both globally and locally. Students will brainstorm possible ways to respond and help fight human trafficking within their community and sphere of influence. Students will respond to the newly acquired knowledge and awareness of human trafficking creating a personal expression poster of their thoughts/feelings.</p> <p>*Students will write on a note card how they would define human trafficking.</p> <p>*Allow 'students' to 'share' their 'working' definitions of human trafficking with the class (volunteers' only).</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 "B" 5x5, 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 "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will play games</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 game of "LaCrosse". This is a dynamic sport that is fun to play and watch: it incorporates basic skills such as: running, jumping, throwing and catching with a crosse. Students will be able to perform these skills with 80% accuracy.</p> <p>*students will play game</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,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, 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	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