

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

21-Jan-2019

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<h1>NO SCHOOL</h1>			
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 "Reducing the Risk" program. This program is designed to build skills to prevent pregnancy, STD's &amp; HIV. Abstinence will be given as the best choice for students, but accurate information about other protection methods will also be provided. Students will learn and practice ways to resist pressure to have sex. Communication and decision-making skills will also be performed with at least 80% accuracy</p> <ul style="list-style-type: none"> <li>*classroom agreements will be posted on the board</li> <li>*anonymous question box will be discussed</li> <li>*workbooks will be handed out</li> <li>*student participation slip returned</li> <li>*Pre-Test/Knowledge survey will be given</li> </ul>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "D" 3x3, Aux 3x10</p> <ul style="list-style-type: none"> <li>-students will record lifts as well as records set</li> <li>-students books will be checked throughout the class period as well as the end of the hour.</li> <li><b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b></li> </ul>	<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> <ul style="list-style-type: none"> <li>*students will drill the basic skills such as throwing and catching, scooping</li> <li>*students will play modified games until skill level rises</li> <li><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></li> </ul>	<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> <ul style="list-style-type: none"> <li>*students will drill the basic skills such as throwing and catching, scooping</li> <li>*students will play modified games until skill level rises</li> <li><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></li> </ul>
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
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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 <b>70% accuracy.</b></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><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with <b>Workout "A" 5x5, Aux 3x10</b></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><b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b></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 <b>80% accuracy.</b></p> <p>*students will play games</p> <p><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></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 <b>80% accuracy.</b></p> <p><b>*students will play game</b></p> <p><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></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 continue the "Reducing the Risk" program. Students will be able to define and understand the terminology "abstinence &amp; virginity" In addition know and understand the statistics attached to unprotected sex with at <b>least 80% accuracy.</b></p> <p>*classroom agreements will be reviewed</p> <p>*anonymous question box noted</p> <p>*today's objectives will be listed on the board</p> <p>*teacher will role play</p> <p>*students will participate in a statistic activity and answer questions regarding how pregnancy would change their life today and what parts of their life would they have to give up if they became a teen parent.</p> <p><b>*students will be assessed on their participation in discussion, attentiveness and willingness to learn.</b></p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with <b>Workout "B" 5x5, Aux 3x10</b></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><b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b></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 <b>80% accuracy.</b></p> <p>*students will play games</p> <p><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></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 <b>80% accuracy.</b></p> <p><b>*students will play game</b></p> <p><b>*Students will be assessed on their warm-up, flexibility routine, attitude, sportsmanship and effort during the drills and modified play</b></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
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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