

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

04-Feb, 2019

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<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 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 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</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>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 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</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>
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 the "Reducing the Risk" program. This program is designed to build skills to prevent pregnancy, STD's & HIV. Today's lessons 3 & 4 introduces the student to verbal and nonverbal communication skills that demonstrate the social skills important to abstaining and using protection. Students will be able to perform the 5 characteristics of effective refusals with at least 80% accuracy</p> <p>*lesson two will be reviewed</p> <p>*anonymous question box will be discussed</p> <p>*a student/parent homework assignment will be introduced with "how too" instructions and when due</p> <p>*students will practice the 5 characteristic of refusal skills with a partner</p> <p>*conclude by reminding students that today they practiced and observed clear refusal statements that tell a person they mean NO without losing a friendship</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 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 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 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 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 "C" 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 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 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</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>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 80% accuracy.</p> <p>*students will drill the basic skills such as throwing and catching, scooping</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>
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 "Reducing the Risk" program. This program is designed to build skills to prevent pregnancy, STD's & HIV. Today's lessons 5 & 6 introduces the student to utilizing delay tactics to handle difficult situations and avoid unwanted and unprotected sex. Students will be able to perform the 5 delay tactics with at least 80% accuracy</p> <p>*lessons 3&4 will be reviewed</p> <p>*anonymous question box will be discussed</p> <p>*students will be introduced to the 5 delay tactics</p> <p>*students will demonstrate and practice role play the 5 delay tactics</p> <p>*students will be assessed on their classroom participation as well as the completion of the "Observer checklist/delay tactics" assignment and "Refusal or Delay Quiz"</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</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 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</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 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</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