

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

11-Feb, 2019

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball *Students will warm up with 1 indy's/stretch *students know the rules and will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 10x8x6, Aux 3x10 -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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball *Students will warm up with 1 indy's/stretch *students know the rules and 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball *Students will warm up with 1 indy's/stretch *students know the rules and 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 continue the "Reducing the Risk" program. This program is designed to build skills to prevent pregnancy, STD's & HIV. Today's lessons 7 & 8 will be presented by Public Health Nurse (RN). Students will be introduced to lectures and visual aids that provide information on methods and proper usage for protection against unplanned pregnancy or STD/HIV. Students will be able to identify the methods of protection with at least 80% accuracy *lesson 6 will be reviewed *anonymous question box *students will view a slide show on birth control choices *students will view visual aids of birth control options *students will be reminded that this information is for when they decide to have sex, which might not be for a long time. However, it is important information that they will need eventually. *students will be assessed on their</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "B" 10x8x6, Aux 3x10 -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 continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball *Students will warm up with 1 indy's/stretch *students know the rules and will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball *Students will warm up with 1 indy's/stretch *students know the rules and 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 continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball</p> <p>*Students will warm up with 1 indy's/stretch *students know the rules and will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "C" 10x8x6, 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.</p> <p>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball</p> <p>*Students will warm up with 1 indy's/stretch *students know the rules and will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball</p> <p>*Students will warm up with 1 indy's/stretch *students know the rules and 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 "Reducing the Risk" program. This program is designed to build skills to prevent pregnancy, STD's & HIV. Today's lessons 7 & 8 will be presented by Public Health Nurse (RN). Students will be introduced to lectures and visual aids that provide information on methods and proper usage for protection against unplanned pregnancy or STD/HIV. Students will be able to identify the methods of protection with at least 80% accuracy</p> <p>*Lesson 6 will be reviewed *anonymous question box *students will view a slide show on birth control choices *students will view visual aids of birth control options *students will be reminded that this information is for when they decide to have sex, which might not be for a long time. However, it is important information that they will need eventually.</p> <p>*students will be assessed on their classroom participation and</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "D" 10x8x6, 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.</p> <p>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</p>	<p>Objective: Students will continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball</p> <p>*Students will warm up with 1 indy's/stretch *students know the rules and will play *Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will continue to 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 80% accuracy. Games include but are not limited to: mat ball, bat ball, finish baseball, norwegian kick ball</p> <p>*Students will warm up with 1 indy's/stretch *students know the rules and 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,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