

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

4-March, 2019

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will begin the basic game of badminton. Badminton is an energetic game that incorporates, hand eye coordination, footwork, change of direction and strategy. 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 begin tournament</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 "D" 5x5, Aux 15.10.5</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 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/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit the "Basketball" unit. Students will be able to perform the basic skills of dribbling, passing and shooting. Games will include strategies of game play</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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 14, 15, 16 will be covered. Students will develop plans for preventing pregnancy and reducing the risk of STD/HIV through practicing what they would say and do to take steps toward protection. In addition, students will discuss and practice the "self-talk" method to help them plan and then stick with the plan to avoid sex or unprotected sex. Students will accomplish this with at least 80% accuracy</p> <p>*protection and abstinence will be reviewed</p> <p>*anonymous question box will be discussed</p> <p>*Students will group 4 and discuss the 3 step plan to planning for protection</p> <p>*Students will group 4 and brain storm how to stick with their plan for abstinence</p> <p>*students will be assessed on their classroom participation as well as the completion of the "The Steps to Protection," "Sticking with Abstinence," and "A Love Story" assignment.</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 10x8x6, 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 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/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit the "Basketball" unit. Students will be able to perform the basic skills of dribbling, passing and shooting. Games will include strategies of game play</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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 begin the basic game of badminton. Badminton is an energetic game that incorporates, hand eye coordination, footwork, change of direction and strategy. 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 begin tournament</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 "B" 10x8x6, 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 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/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit the "Basketball" unit. Students will be able to perform the basic skills of dribbling, passing and shooting. Games will include strategies of game play</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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 will be a continuation of Tuesdays Lessons 14, 15, 16. Students will develop plans for preventing pregnancy and reducing the risk of STD/HIV through practicing what they would say and do to take steps toward protection. In addition, students will discuss and practice the "self-talk" method to help them plan and then stick with the plan to avoid sex or unprotected sex. Students will accomplish this with at least 80% accuracy</p> <p>*protection and abstinence will be reviewed</p> <p>*anonymous question box will be discussed</p> <p>*Students will group 4 and discuss the 3 step plan to planning for protection</p> <p>*Students will group 4 and brain storm how to stick with their plan for abstinence</p> <p>*students will be assessed on their classroom participation as well as the completion of the "The Steps to Protection," Sticking with Abstinence," and "A Love Story" assignment.</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</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 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/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</p>	<p>Objective: Students will re-visit the "Basketball" unit. Students will be able to perform the basic skills of dribbling, passing and shooting. Games will include strategies of game play</p> <p>*Students will warm up with 1 indy/stretch</p> <p>*students know the rules and will play</p> <p>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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