

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

11-March, 2019

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
MONDAY	<p>Objective: Students will continue 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 continue the 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 "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
TUESDAY	<p>Objective: Students will finalize the "Reducing the Risk" program. Students will complete a post test and accomplish this with at least 80% accuracy</p> <p>*students will be assessed on their classroom attentiveness as well as the completion of the Post Test.</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	S1,B1,B4 S5,B4	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 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

WEDNESDAY	<p>Students will play Norwegian in the Old Gym due to the Music Concert Setup</p> <p>Objective: Students will continue 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 continue 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 "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>Students will play Norwegian in the Old Gym due to the Music Concert Setup</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>Students will play Basketball in the Old Gym due to the Music Concert Setup</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 begin the "Fitness Unit" with the study of "Developing a Healthy Fitness Lifestyle" Students will be able to analyze what physical activities match their personality as well as identify the 5 stages of change when starting a "Fitness Routine" (pre-contemplation, contemplation, preparation, action, maintenance. Students will be able to do so with at least 80% accuracy</p> <p>*students will complete a physical fitness/personality analysis questionnaire</p> <p>*students will take notes on a slide show containing text and diagrams that explain the aforementioned.</p> <p>*analysis and discussion of the difficulties and positives of exercise will occur with group reporters explaining their results to the class</p> <p>*students will be assessed on their classroom participation, attentiveness and appropriate group conduct</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</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

No School

Have a Great Weekend!!

FRIDAY					
COMMON CORE	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
		CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d	CCR.4, CCR.7, CCRSL.1, CCRSL.2, CCRW.6, CCRW.10 SL.1, SL.1.c, SL.1.d