

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

**18-March, 2019**

	HE I	PHYSICAL FITNESS	FIT FOR LIFE/WOMEN	FIT FOR LIFE/CO-ED
<b>MONDAY</b>	Objective: Students will begin their swimming unit @ the Southwest YMCA. Students will be given certified instruction on the basics of swimming. They will learn several strokes as well as improve their cardiovascular conditioning and do so with at least 70% accuracy *This unit will end Wednesday March 21st *Friday will not be a swim day due to the shortened class time schedule. *students will be assessed on their attitude and effort during these lessons	Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 3 x3, 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. <b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b>	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/stretch *students know the rules and will play <b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</b>	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 *Students will warm up with 1 indy/stretch *students know the rules and will play <b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</b>
<b>STATE STANDARDS</b>	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
<b>COMMON CORE</b>	CCR.1, CCRSL.1, CCRSL.2 SL.1.c, SL.1.d	CCR.1, CCR.4, CCR.7, CCR.10, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRSL.1, CCRSL.2 SL.1, SL.1.c, SL.1.d, SL.3	CCR.1, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCR.1, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d
<b>TUESDAY</b>	Objective: Students will continue their swimming unit @ the Southwest YMCA. Students will be given certified instruction on the basics of swimming. They will learn several strokes as well as improve their cardiovascular conditioning and do so with at least 70% accuracy *This unit will end Wednesday March 21st *Friday will not be a swim day due to the shortened class time schedule. *students will be assessed on their attitude and effort during these lessons	Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 3 x3, 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. <b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b>	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/stretch *students know the rules and will play <b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</b>	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 *Students will warm up with 1 indy/stretch *students know the rules and will play <b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</b>
<b>STATE STANDARDS</b>	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
<b>COMMON CORE</b>	CCR.1, CCRSL.1, CCRSL.2 SL.1.c, SL.1.d	CCR.1, CCR.4, CCR.7, CCR.10, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRSL.1, CCRSL.2 SL.1, SL.1.c, SL.1.d, SL.2	CCR.1, CCRSL.1, CCRSL.2, CCR.10, CCRW.6, CCRW.10 CCRSL.1, CCRSL.2 WS.3.d, WS.3.e SL.1, SL.1.c, SL.1.d	CCR.1, CCRSL.1, CCRSL.2, CCR.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 their swimming unit @ the Southwest YMCA. Students will be given certified instruction on the basics of swimming. They will learn several strokes as well as improve their cardiovascular conditioning and do so with at least 70% accuracy</p> <p>*This unit will end Wednesday March 21st</p> <p>*Friday will not be a swim day due to the shortened class time schedule.</p> <p>*students will be assessed on their attitude and effort during these lessons</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 3 x3, 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><b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b></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><b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</b></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><b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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
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 their swimming unit @ the Southwest YMCA. Students will be given certified instruction on the basics of swimming. They will learn several strokes as well as improve their cardiovascular conditioning and do so with at least 70% accuracy</p> <p>*This unit will end Wednesday March 21st</p> <p>*Friday will not be a swim day due to the shortened class time schedule.</p> <p>*students will be assessed on their attitude and effort during these lessons</p>	<p>Objective: Students will continue their BFS lifting routines. Students will max this week beginning with Workout "A" 3 x3, 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><b>*students will be assessed on their warm-up, flexibility and attitude/effort during the workout</b></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><b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the workout</b></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><b>*Students will be assessed on their warm-up, flexibility routine, attitude and effort during the game</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	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
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  
CORECCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6,  
CCRW.10  
SL.1, SL.1.c, SL.1.dCCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6,  
CCRW.10  
SL.1, SL.1.c, SL.1.dCCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6,  
CCRW.10  
SL.1, SL.1.c, SL.1.dCCRR.4, CCRR.7, CCRSL.1, CCRSL.2, CCRW.6,  
CCRW.10  
SL.1, SL.1.c, SL.1.d