**1/21– 1/24**

**7th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives:  The student will be able to - | Activities | Assessment | State Standards |
| 1/22 | Students will create no more than 2 behavioral disruptions within class. | Students will as a class read pages 266-271 with periodic breaks of teacher led instruction on key topics. Students will complete a short worksheet following their reading | Worksheet | 10.2.9.A  10.2.9.C |
| 1/24 | Students will complete their classwork at 90% correctness or better as a class | Following their bell ringer, students will take notes on a powerpoint about their circulatory and respiratory systems | Worksheet | 10.2.9.A  10.2.9.C |

**9th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives: The students will be able to | Activities | Assessment | State Standards |
| 1/22 | Complete their class work at 80% or higher as a class average | Students will complete a unit review on page 351 followed by a brief introduction of the cardiovascular system | Classwork on page 351 | 10.1.9.B  10.1.9.E |
| 1/24 | Complete their Muscular labeling worksheet at 80% or higher as a class average | Students will take notes on a powerpoint talking about the cardiovascular system and its significance to the human body | notes | 10.1.9.B  10.1.9.E |

**7th Grade Physical Education**

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| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** Students will be able to | **Activities** | **Assessment** | **State Standards** |
| 1/21 | Go the entirety of the class with no safety issues | Students will watch a brief safety demonstration of proper hockey stick usage, keeping themselves, classmates, and the facility safe. Following this, students will complete dribbling and passing drills together. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |
| 1/23 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will complete a dynamic warmup followed by shooting on an empty net followed by a brief game. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |

**9th Grade Physical Education**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives** | **Activities** | **Assessment** | **State Standards** |
| 1/21 | Go the entirety of the class with no safety issues | Students will watch a brief safety demonstration of proper hockey stick usage, keeping themselves, classmates, and the facility safe. Following this, students will complete dribbling and passing drills together. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| 1/23 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will complete a dynamic warmup followed by shooting on an empty net followed by a brief game. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |

**Sr. High Physical Education**

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| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** The students will be able to | **Activities** | **Assessment** | **State Standards** |
| **1/21** | Go the entirety of class with 3 or fewer behavioral disruptions | Students will watch a brief safety demonstration of proper hockey stick usage, keeping themselves, classmates, and the facility safe. Following this, students will complete dribbling and passing drills together. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| **1/23** | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will complete a dynamic warmup followed by shooting on an empty net followed by a brief game. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |

**Sr. High Weight Training**

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| --- | --- | --- | --- | --- |
| **Date:** | **Objectives:** | **Activities** | **Assessment** | **State Standards** |
| **1/22** | As a class, positively encourage each other at least 3 times throughout the class. | Students will compete in a neutral grip pull-up contest, the winning student will get a free day of their choosing after 2 weeks of competition. Students will be able to also compete in the class vs. class competition of biking to Jacksonville | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |
| **1/24** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will compete in a neutral grip pull-up contest, the winning student will get a free day of their choosing after 2 weeks of competition. Students will be able to also compete in the class vs. class competition of biking to Jacksonville | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |

**Jr. High Weight Training (A) and (B) class**

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| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** The students will be able to | **Activities** | **Assessment** | **State Standards** |
| **1/21,**  **1/23,** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will compete in a neutral grip pull-up contest, the winning student will get a free day of their choosing after 2 weeks of competition. Students will be able to also compete in the class vs. class competition of biking to Jacksonville | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A**  **10.5.9.D** |
| **1/22, 1/24** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will compete in a neutral grip pull-up contest, the winning student will get a free day of their choosing after 2 weeks of competition. Students will be able to also compete in the class vs. class competition of biking to Jacksonville | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A**  **10.5.9.D** |