**1/6– 1/10**

**7th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives:The student will be able to - | Activities | Assessment | State Standards |
|  1/7 | Students will create no more than 2 behavioral disruptions within class.  | Students will as a class read pages 240-245 with periodic breaks of teacher led instruction on key topics. Students will complete 1-5 on pg. 245  | 1-5 on page 245  | 10.2.9.A10.2.9.C |
| 1/9 | Students will complete their quiz with an average score of 80% or higher  | The teacher will hit on key topics from pages 246-255. Following this, students will take an open-book quiz on the chapter  | Open-book quiz  | 10.2.9.A10.2.9.C |

**9th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives: The students will be able to | Activities | Assessment | State Standards |
|  1/7 | Complete their skeletal labeling worksheet at 80% or higher as a class average | Following their bell ringer, students will finish up reading their skeletal system lesson (336-338) followed by a skeletal system labeling diagram. Students will then review the skeletal system by taking notes on key points within a Powerpoint Presentation | Skeletal labeling, quiz  | 10.1.9.B10.1.9.E |
| 1/9 | Complete their Muscular labeling worksheet at 80% or higher as a class average | Students will read pages 339-343 as a class with periodic stops by the teacher to talk about key points. Following this, students will complete a muscular system labeling diagram.  | Muscular labeling, class participation  | 10.1.9.B10.1.9.E |

**7th Grade Physical Education**

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| **Date** | **Objectives:** Students will be able to  | **Activities** | **Assessment** | **State Standards** |
| 1/8 | Go the entirety of the class with no safety issues  | Students will warm up with a game of knockout followed by splitting into small groups and playing games of 2 bounce | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D****10.5.9.A** |
| 1/10 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will warm up followed by playing games of continuous basketball  | 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** |
| 1/8 | Go the entirety of the class with no safety issues  | Students will warm up with a game of knockout followed by splitting into small groups and playing games of 2 bounce | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| 1/10 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will warm up followed by playing games of continuous basketball | 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** |
| **1/8** | Go the entirety of class with 3 or fewer behavioral disruptions | Students will warm up with a game of knockout followed by splitting into small groups and playing games of 2 bounce | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| **1/10**  | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will warm up followed by playing games of continuous basketball | 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** |
| **1/7** | As a class, positively encourage each other at least 3 times throughout the class. | Students will receive their workouts from last class with grades as well as notes on them. We will talk about common mistakes and room for improvement. 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** |
| **1/9** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay)  | Students will be asked about the differences between static and dynamic warm-ups. Students will have 2 classes to come up with a dynamic warm-up for their group. We will then explain the differences and uses for each. 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** |
| **1/7,****1/9** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | As a class, we will review the term “time under tension” and how to use this to your advantage while working out. Students will have the choice of selecting a workout, creating one with the teacher, or competing in the “cardio to Jacksonville challenge” | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A****10.5.9.D** |
| **1/8,** **1/10**  | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | As a class, we will review the term “time under tension” and how to use this to your advantage while working out. Students will have the choice of selecting a workout, creating one with the teacher, or competing in the “cardio to Jacksonville challenge” | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A****10.5.9.D** |