**10/14– 10/18**

**7th Grade Health**

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| Date | Objectives:  The student will be able to | Activities | Assessment | State Standards |
| 10/16 | Students will be able to name 3 ways to strengthen family relationships | Students will play a review game in class | Review game | 10.1.9.A  10.1.9.D |
| 10/18 | Students will be able to name at least 3 different assets of a good friend | Students will take their chapter 1 test followed by beginning Unit 2, beginning to date. | Test | 10.1.9.A  10.1.9.D |

**9th Grade Health**

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| Date | Objectives: The students will be able to | Activities | Assessment | State Standards |
| 10/16 | Students will be able to name at least 2 hormones and what they do | Students will take notes on a powerpoint followed by a written review | Review questions | **10.1.9.A**  **10.1.9.D** |
| 10/18 | Students will be able to define the term self esteem | Students will Test on Unit3 | Test | 10.1.9.A  10.1.9.D |

**7th Grade Physical Education**

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| **Date** | **Objectives:** Students will be able to | **Activities** | **Assessment** | **State Standards** |
| 10/15 | Go the entirety of the class with 2 or fewer penalties | Students will warm up, and then be introduced to 4-way frisbee | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |
| 10/17 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will warm up followed by a game of ultimate Frisbee using the goals rather than an endzone to score | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |

**9th Grade Physical Education**

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| --- | --- | --- | --- | --- |
| **Date** | **Objectives** | **Activities** | **Assessment** | **State Standards** |
| 10/15 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will warm up, and then be introduced to 4-way frisbee | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| 10/17 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will warm up followed by a game of ultimate Frisbee using the goals rather than an endzone to score | 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** |
| **10/15** | Go the entirety of class with 3 or fewer behavioral disruptions | Students will warm up, and then play 4-way Frisbee | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| **10/17** | Go the entirety of class with 3 or fewer behavioral disruptions | Students will warm up followed by a game of ultimate Frisbee using the goals rather than an endzone to score | 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** |
| **10/16** | As a class, positively encourage each other at least 3 times throughout the class. | Students will be introduced to the idea of our class leaderboard for Bench Press, squat, Hex bar deadlift, and pull ups. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |
| **10/18** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | There will be NO CLASS today due to our bike trip. | 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** |
| **10/15, 10/17** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | As a class, we will review correct spotting form, as well as general mat room expectations. Students will have the freedom of choosing what muscles to work, it just needs to be a group that makes sense | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A**  **10.5.9.D** |
| **10/16, 10/18** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | As a class, we will review correct spotting form, as well as general mat room expectations. Students will have the freedom of choosing what muscles to work as long as it makes sense. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A**  **10.5.9.D** |