**11/25– 11/27**

**7th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives:  The student will be able to - | Activities | Assessment | State Standards |
| 11/26 | Students will be able to complete their kahoot at a 70% or higher success rate as a class | Following their bell ringer, students will complete a kahoot as a class in preparation for their chapter 3 nutrition health test. | Kahoot review | 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 |
| 11/26 | Score 80% or better on their unit test as a class average | Students will complete their health test on nutrition followed by a video about nutrition for the remaining time | Unit 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** |
| 11/25 | Go the entirety of the class with no safety issues | Students will watch as either the instructor or an experienced student with directions from the teacher demonstrate how to properly use each piece of equipment within the weight room. We will not allow students to lift any free weights overhead due to lack of experience within the weight room for this unit. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |
| 11/27 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will complete a dynamic warmup as a class followed by splitting into 3 groups. One group will run/walk in the hall. One will complete pre-determined plyometric workouts in the mat room, and one group will complete a brief resistance training or cardio workout within the weight room created by myself. | 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** |
| 11/25 | Go the entirety of the class with no safety issues | Students will watch as either the instructor or an experienced student with directions from the teacher demonstrate how to properly use each piece of equipment within the weight room. We will not allow students to lift any free weights overhead due to lack of experience within the weight room for this unit. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| 11/27 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will complete a dynamic warmup as a class followed by splitting into 3 groups. One group will run/walk in the hall. One will complete pre-determined plyometric workouts in the mat room, and one group will complete a brief resistance training or cardio workout within the weight room created by myself. | 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** |
| **11/25** | Go the entirety of class with 3 or fewer behavioral disruptions | Students will watch as either the instructor or an experienced student with directions from the teacher demonstrate how to properly use each piece of equipment within the weight room. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| **11/27** | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will complete a dynamic warmup as a class followed by splitting into 3 groups. One group will run/walk in the hall. One will complete pre-determined plyometric workouts in the mat room, and one group will complete a brief resistance training or cardio workout within the weight room created by myself. | 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** |
| **11/25** | 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** |
| **11/27** | 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** |
| **11/25,**  **11/27** | 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** |
| **11/26** | 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** |