**3/17– 3/21**

**7th Grade Health**

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| Date | Objectives:  The student will be able to - | Activities | Assessment | State Standards |
| 3/17 | Students will create no more than 2 behavioral disruptions within class. | Students will complete Botvin Life skills | Worksheet | 10.2.9.A  10.2.9.C |
| 3/19 | Students will complete their classwork at 90% correctness or better as a class | Students will complete Botvin Life skills | Worksheet | 10.2.9.A  10.2.9.C |
| 3/21 | Students will complete their classwork at 90% correctness or better as a class | Students will complete Botvin Life skills | 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 |
| 3/17 | Complete their class work at 80% or higher as a class average | Students will complete a quiz on the cardiovascular and respiratory system followed by taking notes on an introduction to our unit on drug abuse | Classwork, homework | 10.1.9.B  10.1.9.E |
| 3/19 | Create 2 or fewer behavioral disruptions throughout class | Following their bell ringer, students will continue taking notes on the powerpoint that we left off on Monday. Students will then begin selecting what they would like their topic will be to begin a group project | notes | 10.1.9.B  10.1.9.E |
| 3/21 | Create 2 or fewer behavioral disruptions throughout class | Students will come in and take notes on a Powerpoint for the first 10-15 minutes of class followed by working on their group project | Group project | 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** |
| 3/18 | Go the entirety of the class with no safety issues | Students will be introduced to pickle ball rules and begin practicing their serves before attempting a game to finish class. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |
| 3/20 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will select their own partners before attempting to play games of pickleball, rotating opponents each 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**

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| --- | --- | --- | --- | --- |
| **Date** | **Objectives** | **Activities** | **Assessment** | **State Standards** |
| 3/18 | Go the entirety of the class with no safety issues | Students will be introduced to pickle ball rules and begin practicing their serves before attempting a game to finish class. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| 3/20 | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will select their own partners before attempting to play games of pickleball, rotating opponents each 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** |
| **3/18** | Go the entirety of class with 3 or fewer behavioral disruptions | Students will be introduced to pickle ball rules and begin practicing their serves before attempting a game to finish class. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| **3/20** | Through effective team communication, positively encourage each other 5 or more times throughout class | Students will select their own partners before attempting to play games of pickleball, rotating opponents each 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** |
| **3/17** | As a class, positively encourage each other at least 3 times throughout the class. | Students will each complete a workout that was written by their teacher individualized for their group’s goals. Students may also compete in the 6RM bench press challenge. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |
| **3/19** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will each complete a workout that was written by their teacher individualized for their group’s goals. Students may also compete in the 6RM bench press class challenge | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |
| **3/21** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will each complete a workout that was written by their teacher individualized for their group’s goals. Students may also compete in the 6RM bench press class challenge | 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** |
| **3/17, 3/19, 3/21** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will compete in an inverted row 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 competition of the best 6RM on flat bench barbell as well as hypertrophy workouts created by the instructor | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A**  **10.5.9.D** |
| **3/18, 3/20** | As a class, create no safety hazards throughout class (spotting correctly, good form, no horseplay) | Students will compete in an inverted row 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 competition of the best 6RM on flat bench barbell as well as hypertrophy workouts created by the instructor | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A**  **10.5.9.D** |