**4/2– 4/5**

**7th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives:The student will be able to  | Activities | Assessment | State Standards |
| 4/3 | students will create no more than 2 behavioral disruptions as a class  | Students will be introduced to the muscular and skeletal systems through reading as well as questions and videos.  | Worksheets, Homework | 10.1.9.E10.2.9.D103.9.D |
| 4/5 | students will create no more than 2 behavioral disruptions as a class | Students will work on a skeletal labeling diagram before watching a brief video on the different muscles within the body  | Worksheets, Homework | 10.1.9.E10.2.9.D103.9.D |

**9th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives: The students will be able to | Activities | Assessment | State Standards |
| 4/3 | students will create no more than 2 behavioral disruptions as a class |  Students will read about the muscular system as well as the nervous system.  | Questions within book, video questions | 10.1.9.D10.2.9.D10.3.9.B |
| 4/5 | students will create no more than 2 behavioral disruptions as a class | Students will work on a muscular labeling sheet before watching a video on the nervous system and answering review questions | Workout creation worksheet  | 10.1.9.D10.2.9.D10.3.9.B |

**7th Grade Physical Education**

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| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** Students will be able to  | **Activities** | **Assessment** | **State Standards** |
| 4/2 | Go the entirety of the class with 2 or fewer mishaps/incorrect usage of equipment  | Following their warmup, students will play wiffle-ball  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D****10.5.9.A** |
| 4/4 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Students will complete their quarterly fitness test  | 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** |
| 4/2 | Go the entirety of class with 3 or fewer behavioral disruptions | Following their warmup, students will begin by playing wiffle-ball  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| 4/4 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Students will complete their quarterly fitness test  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |

**Sr. High Physical Education**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** The students will be able to  | **Activities** | **Assessment** | **State Standards** |
| 4/2 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Following their warmup, students will play wiffle-ball  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |
| 4/4 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will complete their quarterly fitness test  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |

**Sr. High Weight Training**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date:** | **Objectives:** | **Activities** | **Assessment** | **State Standards** |
| 4/3 | As a class, positively encourage each other at least 3 times throughout the class. | Students will have the freedom of choosing what muscles to work, it just needs to be a group that makes sense. Students will also be challenged to help create their own workout regimen with me. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |
| 4/5 | Lift without needing to be reminded to stay on task. One or fewer reinforcement strategies should be needed to keep each group on task | Students will review and discuss their goal from the beginning of the year, if they met their mid-year goal, and if they are on track for their year-long goal  | 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** The students will be able to | **Activities** | **Assessment** | **State Standards** |
| **4/2, 4/4** | Lift without needing to be reminded to stay on task. One or fewer reinforcement strategies should be needed to keep each group on task | Students will have the freedom of choosing what muscles to work, it just needs to be a group that makes sense. Students will also be challenged to help create their own workout regimen alongside me.  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A****10.5.9.D** |
| **4/3, 4/5** | One or fewer reinforcementstrategies should be needed to keep each group on task | Students will have the freedom of choosing what muscles to work, it just needs to be a group that makes sense. Students will also be challenged to help create their own workout regimen with me.  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A****10.5.9.D** |