

Lesson Plans
September 5-8, 2023

7th Grade Health

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accommodations	PA State Standards
Monday					
Tuesday 9/5	-Identify the 3 areas of Health -Understand ways to promote wellness in all areas of health	-Students will read and discuss Chapter 1 Lesson 1 -Students will work with partners to answer review questions for lesson 1	-Classroom Discussion -Ch.1 L.2 Homework	-Preferential seating -One-on-one help with the teacher. -Printed Slides/Notes	10.1.9 E
Wednesday 9/6					
Thursday 9/7	-Analyze what influences their health. -Understand how physical, social, and cultural environments impact health.	-Student will read Chapter 1 Lesson 2 -Review slides	-Classroom Discussion -Ch.1 L.2 Homework	-Preferential seating -One-on-one help with the teacher. -Printed Slides/Notes	10.1.9 E
Friday 9/8					

9th Grade Health

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accommodations	PA State Standards
Monday					
Tuesday 9/5	-Identify the 3 areas of health -Understand the health continuum scale -Identify ways to promote wellness in all areas of health	-Students will read Chapter 1 Lesson 1 -Students will complete homework. Chapter 1 Lesson 1.	-Class Discussion -Homework	-Preferential seating -One-on-one help with the teacher. -Printed Slides -Review of directions	10.1.9 D 10.2.9 D
Wednesday 9/6					
Thursday 9/7	Identify the CDC 6 health risks for teens -Recall the key lifestyle factors to living a healthy life.	-Students will read Chapter 1 Lesson 2 -Discuss the biggest health risks for teens	-Class Discussion -Homework	-Preferential seating -One-on-one help with the teacher. -Printed Slides -Review of directions	10.1.9 D 10.2.9 D
Friday 9/8					

Sr. High Fitness

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accommodations	PA State Standards
Monday					
Tuesday 9/5	<ul style="list-style-type: none"> -Compare aerobic and anaerobic fitness -Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate 	<ul style="list-style-type: none"> -Discuss Aerobic and Anaerobic Fitness -Complete aerobic exercise for 20 minutes. -Calculate their heart rate 	<ul style="list-style-type: none"> -Class discussion -Teacher Observation -Heart rate calculations 	<ul style="list-style-type: none"> -Demonstrate/model activity -Oral prompts -Breaks when needed. 	10.4.9 A 10.4.9 C
Wednesday 9/6					
Thursday 9/7	<ul style="list-style-type: none"> -Compare aerobic and anaerobic fitness -Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate 	<ul style="list-style-type: none"> -Discuss Aerobic and Anaerobic Fitness -Complete aerobic exercise for 20 minutes. -Calculate their heart rate 	<ul style="list-style-type: none"> -Class discussion -Teacher Observation -Heart rate calculations 	<ul style="list-style-type: none"> -Demonstrate/model activity -Oral prompts -Breaks when needed. 	10.4.9 A 10.4.9 C
Friday 9/8					

Jr. High Fitness

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday					
Tuesday 9/5					
Wednesday 9/6	<ul style="list-style-type: none">-Compare aerobic and anaerobic fitness-Participate in an aerobic exercise for 20 minutes.-Calculate their target heart rate, and max heart rate	<ul style="list-style-type: none">-Discuss Aerobic and Anaerobic Fitness-Complete an exercise video for 20 minutes.-Calculate their heart rate	<ul style="list-style-type: none">-Class discussion-Teacher Observation-Heart rate calculations	<ul style="list-style-type: none">-Demonstrate/model activity-Oral prompts-Breaks when needed.	10.4.9 A 10.4.9 C
Thursday 9/7					
Friday 9/8	<ul style="list-style-type: none">-Compare aerobic and anaerobic fitness-Participate in an aerobic exercise for 20 minutes.-Calculate their target heart rate, and max heart rate	<ul style="list-style-type: none">-Discuss Aerobic and Anaerobic Fitness-Complete an exercise video for 20 minutes.-Calculate their heart rate	<ul style="list-style-type: none">-Class discussion-Teacher Observation-Heart rate calculations	<ul style="list-style-type: none">-Demonstrate/model activity-Oral prompts-Breaks when needed.	10.4.9 A 10.4.9 C

7th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday					
Tuesday 9/5					
Wednesday 9/6	<p>1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship</p> <p>2. Apply basic skills into game situations</p> <p>3. Demonstrate knowledge of the rules of different soccer games</p> <p>4. Demonstrate knowledge of how to play and use equipment safely</p>	<p>-Warm Up</p> <p>-Skill Practice (Passing and Shooting)</p> <p>-Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer)</p> <p>-Cool Down (Reflection questions and clean-up)</p>	<p>-Teacher Observation</p> <p>-Student-Self Assessment</p>	<p>-Small Groups</p> <p>-Extended time for practice.</p> <p>-Use a variety of sizes and weight of equipment.</p> <p>-Modify size of target</p>	<p>10.4.9 A.</p> <p>10.4.9.F.</p> <p>10.5.9 F.</p>
Thursday 9/7					
Friday 9/8	<p>1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship</p> <p>2. Apply basic skills into game situations</p> <p>3. Demonstrate knowledge of the rules of different soccer</p>	<p>-Warm Up</p> <p>-Skill Practice (Passing and Shooting)</p> <p>-Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer)</p> <p>-Cool Down (Reflection</p>	<p>-Teacher Observation</p> <p>-Student-Self Assessment</p>	<p>-Small Groups</p> <p>-Extended time for practice.</p> <p>-Use a variety of sizes and weight of equipment.</p> <p>-Modify size of target</p>	<p>10.4.9 A.</p> <p>10.4.9.F.</p> <p>10.5.9 F.</p>

	games 4. Demonstrate knowledge of how to play and use equipment safely	questions and clean-up)			
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8th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday					
Tuesday 9/5					
Wednesday 9/6	1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship 2. Apply basic skills into game situations 3. Demonstrate knowledge of the rules of different soccer games 4. Demonstrate knowledge of how to play and use equipment safely	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer) -Cool Down (Reflection questions and clean-up)	-Teacher Observation -Student-Self Assessment	-Small Groups -Extended time for practice. -Use a variety of sizes and weight of equipment. -Modify size of target	10.4.9 A. 10.4.9.F. 10.5.9 F.
Thursday 9/7					
Friday 9/8	1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer,	-Teacher Observation -Student-Self Assessment	-Small Groups -Extended time for practice. -Use a variety of sizes and weight of equipment.	10.4.9 A. 10.4.9.F. 10.5.9 F.

	sportsmanship 2. Apply basic skills into game situations 3. Demonstrate knowledge of the rules of different soccer games 4. Demonstrate knowledge of how to play and use equipment safely	Mini Games, cone soccer, Sideline soccer) -Cool Down (Reflection questions and clean-up)		-Modify size of target	
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9th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accommodations	PA State Standards
Monday					
Tuesday 9/5					
Wednesday 9/6	1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship 2. Apply basic skills into game situations 3. Demonstrate knowledge of the rules of different soccer games 4. Demonstrate knowledge of how to play and use equipment safely	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer) -Cool Down (Reflection questions and clean-up)	-Teacher Observation -Student-Self Assessment	-Small Groups -Extended time for practice. -Use a variety of sizes and weight of equipment. -Modify size of target	10.4.9 A. 10.4.9.F. 10.5.9 F.
Thursday 9/7					

Friday 9/8	1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship 2. Apply basic skills into game situations 3. Demonstrate knowledge of the rules of different soccer games 4. Demonstrate knowledge of how to play and use equipment safely	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer) -Cool Down (Reflection questions and clean-up)	-Teacher Observation -Student-Self Assessment	-Small Groups -Extended time for practice. -Use a variety of sizes and weight of equipment. -Modify size of target	10.4.9 A. 10.4.9.F. 10.5.9 F.
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Sr. High P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday					
Tuesday 9/5					
Wednesday 9/6	1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship 2. Apply basic skills into game situations 3. Demonstrate knowledge of the rules of different soccer games 4. Demonstrate	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer) -Cool Down (Reflection questions and clean-up)	-Teacher Observation -Student-Self Assessment	-Small Groups -Extended time for practice. -Use a variety of sizes and weight of equipment. -Modify size of target	10.4.12 E. 10.4.12 F. 10.5.12 A 10.5.12 F.

	knowledge of how to play and use equipment safely				
Thursday 9/7					
Friday 9/8	<p>1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship</p> <p>2. Apply basic skills into game situations</p> <p>3. Demonstrate knowledge of the rules of different soccer games</p> <p>4. Demonstrate knowledge of how to play and use equipment safely</p>	<p>-Warm Up</p> <p>-Skill Practice (Passing and Shooting)</p> <p>-Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer)</p> <p>-Cool Down (Reflection questions and clean-up)</p>	<p>-Teacher Observation</p> <p>-Student-Self Assessment</p>	<p>-Small Groups</p> <p>-Extended time for practice.</p> <p>-Use a variety of sizes and weight of equipment.</p> <p>-Modify size of target</p>	<p>10.4.12 E.</p> <p>10.4.12 F.</p> <p>10.5.12 A</p> <p>10.5.12 F.</p>