

Lesson Plans
September 18-22, 2022

7th Grade Health

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/18					
Tuesday 9/19	<ul style="list-style-type: none"> -Identify their personal strengths and weaknesses of the 3 areas of health. -Evaluate which areas of health they need to improve on. -Discuss ways to better balance their health triangle. 	<p>Students will answer the questions for their health triangle.</p> <p>Students will complete the health triangle project and write a reflection after the triangle is completed.</p>	<ul style="list-style-type: none"> -Health Triangle worksheet -Health Triangle project and reflection. -Rubric 	<ul style="list-style-type: none"> -Preferential seating -Extended time on project -One-on-one help with the teacher. 	10.1.9 A 10.1.9 E
Wednesday 9/20					
Thursday 9/21				<ul style="list-style-type: none"> -Preferential seating -One-on-one help with the teacher. -Printed Slides 	10.1.9 E
Friday 9/22					

9th Grade Health

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accommodations	PA State Standards
Monday 9/18					
Tuesday 9/19	-Identify Key Terms for Chapter 2.	-Students will review homework -Students will complete the guided notes sheet.	-Class Discussion -Class time management -Homework	-Preferential seating -One-on-one help with the teacher. -Review of directions	10.1.9 D 10.2.9 D
Wednesday 9/20					
Thursday 9/21	-Create a vision board to help plan for a short/long-term goal. -Develop a plan to achieve short and long- term goals.	-Students will work on creating their vision boards using magazines, pictures, and creativity.	-Class Discussion -Class time management -Vision Board Project rubric	-Preferential seating -One-on-one help with the teacher. -Review of directions	10.1.9 D 10.2.9 D
Friday 9/22					

Sr. High Fitness

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/18	-Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate	-Complete an aerobic exercise or activity for 20 minutes. -Calculate their heart rate	-Class discussion -Teacher Observation -Heart rate calculations	-Class discussion -Teacher Observation -Heart rate calculations	10.4.9 A 10.4.9 C
Tuesday 9/19					
Wednesday 9/20	-Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate	-Complete an aerobic exercise or activity for 20 minutes. -Calculate their heart rate	-Class discussion -Teacher Observation -Heart rate calculations	-Class discussion -Teacher Observation -Heart rate calculations	10.4.9 A 10.4.9 C
Thursday 9/21					
Friday 9/22	-Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate	-Complete an aerobic exercise or activity for 20 minutes. -Calculate their heart rate	-Class discussion -Teacher Observation -Heart rate calculations	-Class discussion -Teacher Observation -Heart rate calculations	10.4.9 A 10.4.9 C

Jr. High Fitness

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/18	-Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate	-Complete an aerobic exercise or activity for 20 minutes. -Calculate their heart rate	-Class discussion -Teacher Observation -Heart rate calculations	-Class discussion -Teacher Observation -Heart rate calculations	10.4.9 A 10.4.9 C
Tuesday 9/19					
Wednesday 9/20	-Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate	-Complete an aerobic exercise or activity for 20 minutes. -Calculate their heart rate	-Class discussion -Teacher Observation -Heart rate calculations	-Class discussion -Teacher Observation -Heart rate calculations	10.4.9 A 10.4.9 C
Thursday 9/21					
Friday 9/22	-Participate in an aerobic exercise for 20 minutes. -Calculate their target heart rate, and max heart rate	-Complete an aerobic exercise or activity for 20 minutes. -Calculate their heart rate	-Class discussion -Teacher Observation -Heart rate calculations	-Class discussion -Teacher Observation -Heart rate calculations	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 9/18	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.
Tuesday 9/19					
Wednesday 9/20	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	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer, Mini Games, cone soccer, Sideline soccer) -Cool Down (Reflection questions and	-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.

	4. Demonstrate knowledge of how to play and use equipment safely	clean-up)			
Thursday 9/21					
Friday 9/22	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.

8th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/18	1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship 2. Apply basic skills into game	-Warm Up -Skill Practice (Passing and Shooting) -Game (2 Ball Soccer, Mini Games, cone soccer,	-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.

	<p>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>Sideline soccer)</p> <p>-Cool Down (Reflection questions and clean-up)</p>			
Tuesday 9/19					
Wednesday 9/20	<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 9/21					
Friday 9/22	<p>1. Demonstrate the basic skills of soccer: dribbling, passing, shooting, goalkeeping, and sportsmanship</p>	<p>-Warm Up</p> <p>-Skill Practice (Passing and Shooting)</p> <p>-Game (2 Ball Soccer, Mini</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>10.4.9 A.</p> <p>10.4.9.F.</p> <p>10.5.9 F.</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>Games, cone soccer, Sideline soccer)</p> <p>-Cool Down (Reflection questions and clean-up)</p>		-Modify size of target	
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9th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/18	<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>
Tuesday 9/19					
Wednesday 9/20	<p>1. Demonstrate the basic skills</p>	<p>-Warm Up</p>	<p>-Teacher Observation</p>	<p>-Small Groups</p>	<p>10.4.9 A.</p> <p>10.4.9.F.</p>

	<p>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>-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>-Student-Self Assessment</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>10.5.9 F.</p>
<p>Thursday 9/21</p>					
<p>Friday 9/22</p>	<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>

Sr. High P.E.

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Monday 9/18	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.
Tuesday 9/19					
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	4. Demonstrate knowledge of how to play and use equipment safely	clean-up)			
Thursday 9/21					
Friday 9/22	<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>