

Lesson Plans
September 11-15, 2022

7th Grade Health

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accommodations	PA State Standards
Monday 9/11	-Identify key terms and their definition for Chapter 1 -Collaborate with their team to answer the test review questions.	Students will participate in teams for the Chapter 1 Test Review	-Classroom Discussion -Test Review	-Preferential seating -One-on-one help with the teacher. -Printed Slides	10.1.9 E
Tuesday 9/12					
Wednesday 9/13	-Identify key terms and their definition for Chapter 1 -Collaborate with their team to answer the test review questions.	Students will participate in teams for the Chapter 1 Test Review	-Classroom Discussion -Test Review	-Preferential seating -One-on-one help with the teacher. -Printed Slides	10.1.9 E
Thursday 9/14					
Friday 9/15	Score a 90% or higher on the Chapter 1 Test	Chapter 1 Test	-Classroom Discussion -Class Participation	-Preferential seating -Testing in Resource Room	10.1.9 E

9th Grade Health

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/11	-Identify key terms and their definition for Chapter 1 -Collaborate with their team to answer the test review questions.	Students will participate in teams for the Chapter 1 Test Review	-Classroom Discussion -Participation -Test Review	-Preferential seating -One-on-one help with the teacher. -Review of directions	10.1.9 D 10.2.9 D
Tuesday 9/12					
Wednesday 9/13	Score a 90% or higher on the Chapter 1 Test	Chapter 1 Test	-Classroom Discussion -Class Participation	-Preferential seating -Testing in Resource Room	10.1.9 E
Thursday 9/14					
Friday 9/15	-Identify Key Terms for Chapter 2.	-Students will read Chapter 2 Lesson 1 -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

Sr. High Fitness

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/11	<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"> -Class discussion -Teacher Observation -Heart rate calculations 	10.4.9 A 10.4.9 C
Tuesday 9/12					
Wednesday 9/13	<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/mo del activity -Oral prompts -Breaks when needed. 	10.4.9 A 10.4.9 C
Thursday 9/14					
Friday 9/15	<ul style="list-style-type: none"> -Compare aerobic and anaerobic fitness -Participate in an aerobic exercise for 20 minutes. 	<ul style="list-style-type: none"> -Discuss Aerobic and Anaerobic Fitness -Complete an exercise video for 20 minutes. 	<ul style="list-style-type: none"> -Class discussion -Teacher Observation -Heart rate calculations 	<ul style="list-style-type: none"> -Demonstrate/mo del activity -Oral prompts -Breaks when needed. 	10.4.9 A 10.4.9 C

	-Calculate their target heart rate, and max heart rate	-Calculate their heart rate			
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Jr. High Fitness

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/11	<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"> -Class discussion -Teacher Observation -Heart rate calculations 	10.4.9 A 10.4.9 C
Tuesday 9/12					
Wednesday 9/13	<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 	<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"> -Class discussion -Teacher Observation -Heart rate calculations 	10.4.9 A 10.4.9 C

	rate				
Thursday 9/14					
Friday 9/15	<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"> -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 9/11					
Tuesday 9/12	<ol style="list-style-type: none"> 1. Participate to the best of their ability: <ul style="list-style-type: none"> -2 minute run -30 seconds of push-ups -30 seconds of sit-ups. 2. Track their partner's fitness score utilizing the score card. 	<ul style="list-style-type: none"> -Warm Up -Fitness Test #1 -Dodgeball -Cool Down (Reflection questions and clean-up) 	<ul style="list-style-type: none"> -Teacher Observation -Student/ Partner Fitness Score Card 	<ul style="list-style-type: none"> -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.
Wednesday					

9/13					
Thursday 9/14	<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>
Friday 9/15					

8th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/11					
Tuesday 9/12	<p>1. Participate to the best of their ability:</p> <p>-2 minute run</p> <p>-30 seconds of push-ups</p> <p>-30 seconds of sit-ups.</p> <p>2. Track their partner's fitness</p>	<p>-Warm Up</p> <p>-Fitness Test #1</p> <p>-Dodgeball</p> <p>-Cool Down (Reflection questions and clean-up)</p>	<p>-Teacher Observation</p> <p>-Student/ Partner Fitness Score Card</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>

	score utilizing the score card.				
Wednesday 9/13					
Thursday 9/14	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.
Friday 9/15					

9th Grade P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/11					
Tuesday 9/12	1. Participate to the best of their ability: -2 minute run -30 seconds of push-ups -30 seconds of sit-ups.	-Warm Up -Fitness Test #1 -Dodgeball -Cool Down	-Teacher Observation -Student/ Partner Fitness Score Card	-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.

	2. Track their partner's fitness score utilizing the score card.	(Reflection questions and clean-up)			
Wednesday 9/13					
Thursday 9/14	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.
Friday 9/15					

Sr. High P.E.

Day	Objectives Students Will Be Able To:	Activities	Assessment	Accomodations	PA State Standards
Monday 9/11					
Tuesday 9/12	1. Participate to the best of their ability: -2 minute run	-Warm Up -Fitness Test #1	-Teacher Observation -Student/	-Small Groups -Extended time for practice.	10.4.9 A. 10.4.9.F. 10.5.9 F.

	<p>-30 seconds of push-ups -30 seconds of sit-ups.</p> <p>2. Track their partner's fitness score utilizing the score card.</p>	<p>-Dodgeball</p> <p>-Cool Down (Reflection questions and clean-up)</p>	<p>Partner Fitness Score Card</p>	<p>-Use a variety of sizes and weight of equipment.</p>	
<p>Wednesday 9/13</p>					
<p>Thursday 9/14</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. 10.4.9.F. 10.5.9 F.</p>
<p>Friday 9/15</p>					