**9/18– 9/22**

**7th Grade Health**

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| Date | Objectives:The student will be able to  | Activities | Assessment | State Standards |
| 9/19 | Students will be able to define the term character  | Students will begin class by finishing their health triangles. Following this, students will take notes throughout a PowerPoint  | Students reading as a class, ability to stay on task, grading on questions | 10.1.9.A10.1.9.C10.1.9.D |
|  9/21 | Students will be able to name 3 different forms of verbal communication  | Students will begin class by completing a worksheet on character before reading about the different forms of communication  | Students ability to stay on task in class, homework | 10.1.9. B10.1.9.E |

**9th Grade Health**

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| Date | Objectives: The students will be able to | Activities | Assessment | State Standards |
| 9/19 | Name one long term goal that they have for themselves  | Students will finish up their lesson on communication before completing a worksheet and be assigned homework  | Worksheet, homework  | **10.1.9.A****10.1.9.C** |
| 9/21 | Students will be able name the acronym H.E.L.P for making decisions  | Students will complete their bell ringer before being given a situation in which they will need to go through their decision making skills  | Bell ringer, decision making exercise  | 10.1.9.A10.1.9.C10.1.9.B |

**7th Grade Physical Education**

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| **Date** | **Objectives:** Students will be able to  | **Activities** | **Assessment** | **State Standards** |
| 9/18 | Go the entirety of the class with 2 or fewer penalties | Students will warm up, and then get with a partner to perform partner passing to get their skills warmed up. Following this, we will play flag football  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D****10.5.9.A** |
| 9/20  | Go the entirety of class with 3 or fewer behavioral disruptions | Students will play flag or ultimate football, their choice  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D****10.5.9.A** |
| 9/22 | All students will show full participation  | Since it is a Friday, the first student on the roster will have their choice on what game will be played that day. We will go to the next name on the roster the following Friday.  | 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** |
| 9/18 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will review and then play flag football following their warmup  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| 9/20  | Go the entirety of class with 3 or fewer behavioral disruptions | Students will play flag football  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| 9/22 | Go the entirety of class with 3 or fewer behavioral disruptions | Since it is a Friday, the first student on the roster will have their choice on what game will be played that day. We will go to the next name on the roster the following Friday. | 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** |
| **9/18**  | Go the entirety of class with 3 or fewer behavioral disruptions | Students will play flag football following their warmup  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| **9/20**  | Go the entirety of class with 3 or fewer behavioral disruptions | Students will play flag football  | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| **9/22** | Go the entirety of class with 3 or fewer behavioral disruptions | Since it is a Friday, the first student on the roster will have their choice on what game will be played that day. We will go to the next name | 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** |
| **9/19** | 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 thatmakes sense | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |
| **9/21** | 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 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** |
| **9/18, 9/20,9/22** | Lift without needing to be reminded to stay on task. One or fewer reinforcement strategies should be needed to keep each group on task | Prior to class, we will review what our push muscles consist of and how a workout for it should be put together. Students will have the freedom of choosing what muscles to work, it just needs to be a group that makes sense. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A****10.5.9.D** |
| **9/19, 9/21** | Lift without needing to be reminded to stay on task. One or fewer reinforcement strategies should be needed to keep each group on task | Prior to call we will review our pull muscles and how to train them. Students will have the freedom of choosing what muscles to work, it just needs to be a group that makes sense | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.9.A****10.5.9.D** |