**11/29 – 12/1**

**7th Grade Health**

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| Date | Objectives:The student will be able to  | Activities | Assessment | State Standards |
| 12/11 | students will score a 70% or higher on their test | Students will take their unit test on chapter 4, Emotional health | Unit Test | 10.1.9.E10.2.9.D103.9.D |
| 12/13 | Students will be able to name at least 3 different vitamins and minerals  | Following their bell ringer, students will take notes on a PowerPoint talking about the 6 major nutrients  | Lesson check  | 10.1.9.E10.2.9.D103.9.D |
| 12/15 | As a class, students will be able to score on average 90% on their post-test (4/5)  | Students will complete a pre-test upon entry into the classroom. Following this, students will do their best to arrange the 5 sugary drinks at the front of the class. We will then follow through a PowerPoint before completing their post-test  | Pre/post test  | 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 |
| 12/11 | Students will be able to identify the 3 different types of communication styles |  Following their bell ringer, students will follow through a PowerPoint on communication styles | Bell ringer, worksheet | 10.1.9.D10.2.9.D10.3.9.B |
| 12/13 | Students will be able to score 80% or higher on their review  | Students will complete a written review prior to playing a review game  | Written review  | 10.1.9.D10.2.9.D10.3.9.B |
| 12/15 | Students will average at least an 80% on their unit test  | Unit test  | Scoring of test  | 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** |
| 12/12 | Go the entirety of the class with 2 or fewer mishaps/incorrect usage of equipment  | Students will be introduced to the new weight room equipment, any remaining time will be used to become familiar with it | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D****10.5.9.A** |
| 12/14 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Students will be free to choose what workouts they would like to explore as long as they remain on task  | 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** |
| 12/12 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will be introduced to the new weight room equipment, any remaining time will be used to become familiar with it | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A****10.5.9.F** |
| 12/14 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Students will be free to choose what workouts they would like to explore as long as they remain on task | 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** |
| 12/12 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Students will be free to choose what workouts they would like to explore as long as they remain on task | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |
| 12/14 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will have the opportunity to select our game for the day | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |

**Sr. High Weight Training**

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| **Date:** | **Objectives:** | **Activities** | **Assessment** | **State Standards** |
| 12/11 | 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** |
| 12/13 | 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 with me. | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D****10.4.12.A** |
| 12/15 | 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 with me. | 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** |
| **12/11, 12/13,12/15** | 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** |
| **12/12,12/14** | 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** |