**12/18 – 12/22**

**7th Grade Health**

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| --- | --- | --- | --- | --- |
| Date | Objectives:The student will be able to  | Activities | Assessment | State Standards |
| 12/19 | students will create a MyPlate and have all sections filled correctly  | Students will fill out a /MyPlate before and after class to compare them. We will go through a PowerPoint on the food pyramid and what a healthy meal should look like | MyPlate grading  | 10.1.9.E10.2.9.D103.9.D |
| 12/21 | Students will be able to name at least 3 snacks that are healthy as well as what the term “nutrient dense” means | Following their bell ringer, students will take notes on a PowerPoint on healthy snacks and foods that are nutrient dense  | Lesson check  | 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 |
| 12/19 | Students will be able to identify 3 ways to resolve conflict peacefully  |  Following their bell ringer, students will follow through a PowerPoint on conflict resolution  | Bell ringer, worksheet | 10.1.9.D10.2.9.D10.3.9.B |
| 12/21 | Students will cause one or fewer behavioral disruptions throughout class  | Students will read understanding violence within their book before answering review questions on the lesson  | Review questions  | 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** |
| 12/18 | 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** |
| 12/20 | 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives** | **Activities** | **Assessment** | **State Standards** |
| 12/18 | 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** |
| 12/20 | 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** |
| 12/18 | 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** |
| 12/20 | 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** |
| 12/19 | 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 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** |
| 12/21 | 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 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** |
| **12/18, 12/20** | 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** |
| **12/19,12/21** | 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** |