**1/3 – 1/5**

**7th Grade Health**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Objectives:  The student will be able to | Activities | Assessment | State Standards |
| 1/3 | students will be able to perform the instant activity with one or less guiding questions | Students will fill out an instant activity on a healthy meal that they could eat within Somerset county, following this we will introduce the excretory and digestive systems | Instant activity grading | 10.1.9.E  10.2.9.D  103.9.D |
| 1/5 | Students will be able to name all 3 ways that waste leaves the body | Following their bell ringer, students will finish the powerpoint from last class. Any remaining time will be used to begin talking about managing calories to gain or lose weight | Lesson check | 10.1.9.E  10.2.9.D  103.9.D |

**9th Grade Health**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Objectives: The students will be able to | Activities | Assessment | State Standards |
| 1/3 | Students will be able to identify 3 ways to resolve conflict peacefully | Following their bell ringer, students will follow through a PowerPoint on preventing violence and abuse | Bell ringer, worksheet | 10.1.9.D  10.2.9.D  10.3.9.B |
| 1/5 | Students will cause one or fewer behavioral disruptions throughout class | Students will complete review questions prior to beginning a review game | Review questions | 10.1.9.D  10.2.9.D  10.3.9.B |

**7th Grade Physical Education**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** Students will be able to | **Activities** | **Assessment** | **State Standards** |
| 1/4 | Go the entirety of the class with 2 or fewer mishaps/incorrect usage of equipment | Students will be introduced to lacrosse, we will take the class to become familiar with scooping, safe handling of the stick, passing/catching, and shooting mechanics | 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** |
| 1/4 | Go the entirety of class with 3 or fewer behavioral disruptions | Students will be introduced to lacrosse, we will take the class to become familiar with scooping, safe handling of the stick, passing/catching, and shooting mechanics | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |

**Sr. High Physical Education**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** The students will be able to | **Activities** | **Assessment** | **State Standards** |
| 1/4 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Students will be introduced to lacrosse, we will take the class to become familiar with scooping, safe handling of the stick, passing/catching, and shooting mechanics | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |

**Sr. High Weight Training**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date:** | **Objectives:** | **Activities** | **Assessment** | **State Standards** |
| 1/3 | 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** |
| 1/5 | 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Objectives:** The students will be able to | **Activities** | **Assessment** | **State Standards** |
| **1/3, 1/5** | 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** |
| **1/4** | 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** |