**3/4 – 3/8**

**7th Grade Health**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Objectives:  The student will be able to | Activities | Assessment | State Standards |
| 3/5 | students will create no more than 2 behavioral disruptions as a class | Students will complete Botvin Life skills training | Worksheets, Homework | 10.1.9.E  10.2.9.D  103.9.D |
| 3/7 | students will create no more than 2 behavioral disruptions as a class | Students will complete Botvin Life skills training | Worksheets, Homework | 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 |
| 3/5 | students will create no more than 2 behavioral disruptions as a class | Students will read about the different components of fitness, followed by a video with questions on ways workouts can vary based on goals | Questions within book, video questions | 10.1.9.D  10.2.9.D  10.3.9.B |
| 3/7 | students will create no more than 2 behavioral disruptions as a class | Students will read about structuring a workout prior to splitting into groups and creating a workout of their own | Workout creation worksheet | 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** |
| 3/4 | Go the entirety of the class with 2 or fewer mishaps/incorrect usage of equipment | Following their warmup, students will begin by playing twice-around kickball | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |
| 3/6 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Following their warmup, students will begin by playing twice-around kickball | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.3.9.D**  **10.5.9.A** |
| 3/8 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Following their warmup, students will begin by playing twice-around kickball | 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** |
| 3/4 | Go the entirety of class with 3 or fewer behavioral disruptions | Following their warmup, students will begin by playing twice-around kickball | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| 3/6 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Following their warmup, students will begin by playing twice-around kickball | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.4.9.A**  **10.5.9.F** |
| 3/8 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Following their warmup, students will begin by playing twice-around kickball | 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** |
| 3/4 | Go the entirety of the class with no mishaps/incorrect usage of equipment | Following their warmup, students will begin by playing twice-around kickball | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |
| 3/6 | Go the entirety of class with 3 or fewer behavioral disruptions | Following their warmup, students will begin by playing twice-around kickball | Students will be assessed based on their dress, participation, sportsmanship, and conduct | **10.5.12.D**  **10.4.12.A** |
| 3/8 | Go the entirety of class with 3 or fewer behavioral disruptions | Following their warmup, students will begin by playing twice-around kickball | 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** |
| 3/5 | 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** |
| 3/7 | 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 review and discuss their goal from the beginning of the year, if they met their mid-year goal, and if they are on track for their year-long goal | 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** |
| **3/4, 3/6, 3/8** | 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** |
| **3/5, 3/7** | 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** |