

**Mr. Buterbaugh Lesson Plans
October 1-5, 2018**

7th Grade Health

Objectives:

Students will be able to explain the three parts of the health concept.
 Students will be able to explain why healthy choices are important to one's health.
 Students will be able to explain how external forces can influence their health.
 Students will be able to identify how self-esteem plays a role associated with character development.
 Students will be able to identify how public health can affect decisions they make.

Weekly Lesson Plan

On Tuesday the class will work on Chapter 2 Lesson 1 and 2 review. Thursday students will turn in all homework and continue discussing chapter 2 lesson 2.

Homework

Due Thursday- Individual Goal Sheet, Chapter 2 lesson review 1 and 2.

Standards:

2.12.10	3.12.1	3.12.2	7.12.2	7.12.3					

9th Grade Health

Objectives:

Students will be able to explain the importance of Health.
 Students will be able to explain why healthy choices are important to one's health.
 Students will be able to explain how external forces can influence their health.
 Students will be able to identify how self-esteem plays a role associated with character development. .
 Students will be able to identify how public health can affect decisions they make.

Weekly Lesson Plan:

On Tuesday students will complete Chapter 2 lesson review. On Thursday the class will continue discussing notes on lesson 2 and 3.

Homework

Due Thursday- High Risk Chart from last week's class, Chapter 2 lesson reviews.

Standards:

2.12.10	3.12.1	3.12.2	7.12.2	7.12.3	2.12.10	3.12.1	3.12.2

7th Grade P.E.

Objectives:

The students will be able to perform a 2-minute run, push-ups and sit-ups.
Students will be able to control the equipment needed for the entire class.
Students will be able to perform important skills necessary for participation in a soccer activity.

Standards:

10.4.9	10.5.9								
a.c	a.b.c								

Ultimate Football
Football Skills
Rules
Skills needed for Ultimate Football
Game

Students will be graded on class participation, class dress, sportsmanship, and classroom conduct. Please refer to student syllabus

9th Grade and Sr. High P.E.

Objectives:

The students will be able to perform a 2-minute run, push-ups and sit-ups.
Students will be able to control the equipment needed for the entire class.
Students will be able to perform important skills necessary for participation in a soccer activity.

Standards:

10.4.12	10.5.9								
a	a.f								

Ultimate Football
Football Skills
Rules
Skills needed for Ultimate Football
Game

Students will be graded on class participation, class dress, sportsmanship, and classroom conduct. Please refer to student syllabus

Weight Lifting

The class will continue to practice key concepts in the weight room, including safety, proper use of the equipment, and muscles used to complete each exercise.

