

Mr. Buterbaugh Lesson Plans
December 3-7, 2018

7th Grade Health

Objectives:

Students will be able to explain the six nutrients 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 Monday the class will complete the chapter review and test on Wednesday. On Friday students will start discussing skeletal and muscular curriculum.

Homework

Chapter Review is due Wednesday
Chapter Test is on Wednesday

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 Monday, the class will turn in homework from last week. Then students will complete the chapter review in preparation for the test on Wednesday. Friday students will start the next section.

Homework

Chapter Review is due Wednesday
Chapter Test is on Wednesday

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								

Basketball
Rules
Skills needed for Basketball
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								

Basketball
Rules
Skills needed for Basketball
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.

Max lifts will be recorded for the new 9 weeks

