

Mr. Buterbaugh Lesson Plans
February 19-22, 2019

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 Tuesday the class will discuss facts and myths about marijuana. Students will also complete the workbook pages within the chapter. On Thursday the class will continue discussing the Botvin workbook and completing workbook pages.

Homework

Workbook pages discussing marijuana

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 and Thursday the class will complete the alcohol and vision lab in the gym.

Homework

Alcohol lab is due Thursday

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								

Lacrosse
Rules
Game

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

9th 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:

10.4.12	10.5.9								
a	a.f								

Lacrosse
Rules
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

