

**Mr. Buterbaugh Lesson Plans**  
**February 25-March 1, 2019**

**7<sup>th</sup> 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 advertising and the effects that these messages have on our health. On Thursday the class will discuss Peer pressure.

**Homework**

Ads for discussion due Tuesday  
Due Thursday workbook pages associated with advertising

**Standards:**

2.12.10	3.12.1	3.12.2	7.12.2	7.12.3					

**9<sup>th</sup> 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 the class will finish the notes on alcohol and then review for the exam on Thursday.

**Homework**

Chapter Review will be due on Thursday 1-15

**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

**7<sup>th</sup> 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								

Hockey  
Rules  
Game

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

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a	a.f								

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**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

