

Mr. Buterbaugh Lesson Plans
March 4-8, 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 Monday students will discuss peer pressure and how to deal with various situations. On Wednesday the class will continue peer pressure lesson found in the Botvin Curriculum. Friday students will discuss the differences between, aggressive, assertive, and passive types of people.

Homework

Botvin Workbook sheets associated with peer pressure

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 take the chapter test. Tuesday the class will discuss safe to say, Wednesday, Thursday, and Friday the class will be with Mrs. Opfar discussing suicide.

Homework

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								

Hockey
Rules
Game

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

9th Grade P.E.

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Standards:

10.4.12	10.5.9								
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

