

**Mr. Buterbaugh Lesson Plans**  
**March 18-22, 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 Monday students will discuss the second lesson in the social skills lesson. On Wednesday students will work on the assertiveness lesson. Friday students will finish up the Botvin curriculum.

**Homework**

Botvin Workbook sheets associated with social skills and assertiveness.

**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 Monday the class will complete lessons 2 and 3 in their textbook, reviewing relationship violence. Wednesday and Friday the class will review notes preparing for their test next week.

**Homework**

Chapter 19 lesson 2 and 3 #1-6 each

**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								

Pickleball  
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

