**Assignments 2024-25 School Year: Physical Education**

**Week 3: August 19-23**

**August 19**

**Do Now:**

1. **Write name on front and back inside cover**
2. **Write class period next to your name**
3. **Least 1st three pages blank**
4. **Fold the 4th page and label as warmup**
5. **Count 15 blank pages**
6. **Fold the page after the 15th page and label as Classwork**

*Warmup: Using paper provided: Fold paper hamburger style. Leave the paper folded and fold hamburger style again. Open your paper up and you should have 4 sections just as you see below. Draw a box in the center to write the title of your organizer, your name, and your class period. Write the principles at the top of each section as you see below & wait for further instructions.*

Create organizer below for Principles of Fitness: FITT, specificity, progression, overload

|  |  |
| --- | --- |
| **FITT**  F-  I-  T-  T-  Description:  Example 1:  Example 2:  Risk:  4 Principles of Fitness  Name & Period | **Specificity**  Description:  Example 1:  Example 2:  Risk: |
| **Progression**  Description:  Example 1:  Example 2:  Risk: | **Overload**  Description:  Example 1:  Example 2:  Risk: |

1. Brief description (for FITT include a description of what each letter represents and means)
2. 1 research example
3. 1 example of how you can apply the principle to your life
4. Risk if principle is ignored (be specific to the principle)

Distribute Fitness Log explained

Classwork: Coach explain fitness log & role out vision board project, give handouts, students complete research & rough draft

-Fitness Circuit in Class

-Spike ball video for Rec Games & Lifetime Sports (6th & 7th):

1. <https://www.youtube.com/watch?v=irgTrG6d6eA>

**August 20**

Warmup-Sign up for groups on board & within each group determine the roles of each person based on those given by coach

Classwork-Work on Project (15 mins)

**August 21**

Warmup: Reminded of project / students given chance to ask questions

Classwork: Fitness Day

**August 22**

Same as previous day (20 minutes to work on project)

**August 23**

Student conferences

Work on Project

**Week 2: August 12th -16th**

**Monday: August 12**

Do Now/Warmup using paper provided by Coach:

1. List three things you think of when you hear the word CPR.
2. Who should administer CPR if you are hanging out and someone is no longer breathing.

Classwork: Ready for CPR Questions: prior to video

1. Can I get in legal trouble for imperfect CPR?
2. If a person is injured, but has stopped breathing, can I make the situation worse by doing CPR?
3. Explain/justify your answer to number 2.

Checking for understanding questions CPR video

**Videos:** [**https://ebooks.heart.org/epubreader/cpr-first-aid-anywhere-streaming-video**](https://ebooks.heart.org/epubreader/cpr-first-aid-anywhere-streaming-video)

\*\*After video students will be called in groups of 4 per class to practice \*\*

*Directions: Watch Video & answer question: Write the question & answer or put your answer in a complete sentence that restates the question within the answer*

1. What happens to a person during cardiac arrest?
2. What happens during a heart attack?
3. What is the first step when you arrive to a scene and a person has collapsed?
4. When you do hands on CPR, how many chest compressions should you do per minute?
5. How deep should you push on the chest of a teen or adult when doing hands only CPR?
6. List the steps for providing hands only CPR?
7. What is the function of an AED?

**Tuesday: August 13**

**Do Now: Warmup:**

1. **List two reasons someone might need CPR.**
2. **If the scene where someone is no longer breathing is not safe, what should you do?**

**\*Video then practice & answer questions\***

**AED Review Questions (write the Q & A for full credit)**

1. How does the AED assist with cardiac arrest?
2. True or False: The AED reads and analyzes the heart rhythm determines whether a shock is needed.
3. Where are most AED mounted?
4. What is the first thing you do when using an AED?
5. Prior to delivering the shock from the AED, what should one do?
6. True or False: You should stop compressions when setting up and using an AED?
7. If there are no child options for the AED such as pads or a switch, what should you do?

**Wednesday: August 14**

**As always, write the questions & answer for full credit\***

**Adult CPR with Breaths Questions**

1. Why are using the breaths an important part of CPR?
2. Fill in the blanks. You should give \_\_\_\_\_\_\_\_\_\_\_ breaths for every \_\_\_\_\_\_\_\_ compressions.
3. List two thing that tilting the head and lifting the chin does for a person that is not breathing?
4. List 5 steps for giving breaths during CPR.
5. What should you watch for as you are giving breaths to a person during CPR?

**Child CPR**

1. What is usually the cause of cardiac arrest in children?
2. Give two examples of the cause you listed for number 1.
3. Based on the reason given for number 1, it is important to give what during child CPR?
4. At what depth should you go for child CPR compressions?
5. How many compressions should you give per minute for child CPR?
6. What should you do if you are alone and no one has called 911, but the child needs CPR?
7. What is the key difference between adult CPR and child CPR?
8. What is the benefit of early CPR in a child?

**Thursday: August 15**

**\*Do Now:** quizziz (use the code based on your Coach)

**Classwork**

\*Students allowed to use this day as a makeup

\*Those that did not complete the practice will do so when called

**Friday: August 16**

* CPR assessment
* Gym Free day if time permits

**Week 1: August 6th -9th**

**Friday August 9:** complete muscles assignment and upload into Canvas

**Thursday August 8:** Complete muscles handout on own paper while watching videos & review as a class afterwards (students reminded to write in or correct answers)





1. **The rectus abdominis is best known for which function?**
   * A) Knee extension
   * B) Spine flexion
   * C) Elbow extension
   * D) Arm abduction
2. **Which muscle group is targeted during squats?**
   1. A) Biceps
   2. B) Quadriceps
   3. C) Pectorals
   4. D) Deltoids
3. **The primary action of the erector spinae muscles is to:**
   1. A) Flex the spine
   2. B) Extend the spine
   3. C) Rotate the trunk
   4. D) Abduct the arm
4. **Which muscle is located on the shoulder?**
   1. A) Triceps
   2. B) Deltoid
   3. C) Gastrocnemius
   4. D) Soleus
5. **The primary function of the hamstrings is to:**
   1. A) Extend the knee
   2. B) Flex the knee
   3. C) Flex the elbow
   4. D) Extend the elbow
6. **Which muscle group is primarily worked during a deadlift?** A) pectorals B)abdominals

C) gluteals D) Biceps

**Videos**: 1. <https://www.youtube.com/watch?v=58gI3jXNnPI> Major Muscle Groups of the Human Body oR <https://www.youtube.com/watch?v=z7psWfRLXFY> 2. <https://www.youtube.com/watch?v=rMcg9YzNSEs> The Muscular System explained in 6 minutes

**Wednesday August 7:** Students watch muscles video & then go to the gym to review expectations and complete static & dynamic warmup & walk

**\*\*\*First Day: Tuesday August 6:** review of expectations & gym expectation review & walk

1. Muscle Video: <https://m.youtube.com/watch?V=z7psWfRLXFY>
   1. **Muscles to identify**

(Groups of 2-3-each person in the group should share the assignment equally)

* + 1. Pectoralis major
    2. Bicep
    3. Trapezius
    4. Deltoid
    5. Obliques
    6. Quadriceps
    7. Hamstrings
    8. Gastrocnemius
    9. Gluteus Medius
    10. Latissimus dorsi
  1. Use the paper/index card provided and write the name of the muscle on the side without line
  2. ON the side with lines write the word function and the muscle’s function next to it
  3. On the side with lines write the word exercise and an exercise to strengthen that muscle (be able to perform/demonstrate the exercise)

1. Introductions/Descriptions Shirt Painting Tag

**Physical Education Questionnaire**

Canvas Discussion Board 1:

1. What do you know about health-related fitness?
2. How is a physically active lifestyle related to health-related fitness?
3. Why is it important to understand and be aware of our health-related fitness?
4. What do you know about each of the components of health-related fitness?