

<div> <div>◀ July</div> <div>August 2023</div> <div>September ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 First Day of School Expectations	8 Syllabus	9 Track Walk	10 Warmup & Teams Team Poster	11 Expectations Quiz	12
13	14 Do Now: notebook setup instructions First Aid -16.4. KIM vocab of terms Do Now: Find your name & what group you are in & complete your warm up activity You have 7 minutes. Classwork 1.Team Assignment following the guidelines of the rubric 5 mins to pick teams Assign roles Team Poster Closing:Round Table (3 rd period has to do quiz) Do Now: Find your name & what group you are in & complete your warm up activity You have 7 minutes. Classwork 1.Team Assignment following the guidelines of the rubric 5 mins to pick teams Assign roles Team Poster Closing:Round Table (3 rd period has to do quiz)	15 First Aid-16.4 Equipment review & video Coaches' demonstrate, students practice, (I do, we do, you do)- Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Rec Games roll out from coach & practice -ring toss -corn hole -ping pong Closing: clean up Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Fitness Assessment 1. max bench press 2. squat burn out with comfortable weight 3. crunches 4. jump rope (stop more than 5 seconds & out) Closing: cool down	16 CPR Do Now: close read information/steps/best Practices Classwork: -Video -teacher model, student practice in groups/pairs (based on resources) Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork 1.Equipment warmup 2. Rec Games review (Team activities -ring toss -corn hole -ping pong Closing: clean up Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Circuit 30 secs x 2 1.bicep curls 2. high knees 3. tricep kick backs 4. leg ext. 5. bar frontal lifts 6. dead lifts Closing: cool down	17 CPR & AED Do Now: circle map copy & fill in together as class to review CPR & First Aid Classwork: (I do, we do, you do)teacher model, student practice-adding AED to CPR process/steps Closing: clean up Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Rec Games Tournament Game 1 1 vs. 3 duty 5 OR 2 vs. 4 duty 6 1 vs. 2 duty 3 & Journal 4 & Practice 5 Game 2 3 vs. 5 duty 1 4 vs. 6 duty 2 Game 3 5 vs. 6 duty 3 1 vs. 2 duty 4 Do Now: Get with your team in your area &complete your warm up activity You have 7 minutes. (Darbee) Classwork Circuit 30 secs x 2 1.bicep curls 2. high knees 3. tricep kick backs 4. leg ext. 5. bar frontal lifts 6. dead lifts Closing: cool down	18 Review/Assessment Do Now: Get your notebook from designated area & complete journal entry regarding recreational games for the week. Classwork: Review, Assessment, Makeup Do Now: Get your notebook from designated area & complete journal entry regarding weight training Classwork: Physical conditioning & weight training complete daily exercises information & Makeup assignments	19

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
20	21 Do Now: page 3 Health: need to finish CPR & AED from previous week (Thurs) 1. List 3 things you think of when you hear the word health 2. List 2 things people have told you about health using 2 complete sentences. Ch.1 -role out entire assignment that will due on Friday with breakdown of which parts to be done each day -KIM for chosen chapter terms -mental, social, emotional health comparison chart -factors affecting health-hands on skills activity on page 31 -teacher show example/rubric -students complete notebook setup -vocab Closing: remind login Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> 1. Fitness gram assessment videos and expectations given 2. Questions answered 3. Free play if time permits Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork upper body</u> <u>Circuit 30 secs x 2</u> 1. bicep curls 2. bench press 3. tricep dips 4. shoulder press 5. Bent over arm row 6. frontal lifts Closing: cool down & complete journal entry	22 Health: need to finish CPR & AED from previous week (Thurs) Do Now: Copy KIM chart example Ch.1 -vocab finish Terms: Culture, media, geography, behavioral factors, genetic factors, risk factors, protective factors, optimal health, illness, life expectancy, life span, quality of life, health, well-being, wellness, Closing: Round Table Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> 1. Students complete 15m pacer test 2. Coaches record data & put grades in Infinite Campus Closing: cool down Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork lower body</u> <u>Circuit 30 secs x 2</u> 1. Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down & journal entry	23 Ch.1 Do Now: Picture word model Classwork: -mental, social, emotional health comparison chart Closing: sticky note formative Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> 1. Students complete curl ups 2. Coaches record data & put grades in Infinite Campus Closing: cool down Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork upper body</u> <u>Circuit 30 secs x 2</u> 1. bicep curls 2. bench press 3. tricep dips 4. shoulder press 5. Bent over arm row 6. frontal lifts Closing: cool down & complete journal entry	24 Ch.1 Do Now: Do the best you can if you are not artistically blessed 1. Draw an image/emoji that comes to mind when you hear the following 1. mental health 2. social health 3. emotional health Classwork -factors affecting health-hands on skills activity on page 31 Outline Closing: reminders Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> 1. Students complete push ups 2. Coaches record data & put grades in Infinite Campus Closing: cool down Do Now: Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork lower body</u> <u>Circuit 30 secs x 2</u> 1. Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down & journal entry	25 Do Now: Classwork: Bring/get pics -study guide for assessment on Canvas Do Now: N/A <u>Classwork:</u> -Fitness Gram Makeups -Free play if time permits Do Now: Get your notebook from designated area & complete journal entry regarding weight training Classwork: Physical conditioning & weight training complete daily exercises information & Makeup assignments	26

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 Block Schedule A <u>Do Now:</u> Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> 1. Equipment warmup 2. Rec Games review (Team activities -volleyball (bump, set, serve) -Free play once volleyball is done Closing: cool down Final Draft due for health	29 Block Schedule B <u>Do Now:</u> Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> 1. Equipment warmup 2. Rec Games review (Team activities -volleyball (bump, set, serve) -Free play once volleyball is done Closing: cool down Final Draft due for health	30 <u>Do Now:</u> Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> Volleyball tournament between the classes or teams -Games to 10 Presentations	31 <u>Do Now:</u> Get with your team in your area & complete your warm up activity You have 7 minutes. (Darbee) <u>Classwork</u> -finish tournament & assessment Closing cool down Presentations & Assessment review		

<p>Health Week August 14-18</p> <p>Practicing Health</p> <p><u>Priority Standards</u> HEHS.1 (a, b, e, f, g, h, i, j, m) <u>Supporting Standard</u> HEHS.7 (a, b, c)</p> <p>6-10 Lessons</p> <p><u>Big Ideas</u></p> <ul style="list-style-type: none"> Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. High school students will model health-enhancing behaviors to prevent injuries, diseases, and disorders. Students will practice strategies for reducing harmful and risk-taking behaviors now and in the future. <p><u>Key Concepts</u> HEHS7: Self-Management Practicing Safe Behaviors</p> <ul style="list-style-type: none"> Discuss the benefits of practicing safe behaviors. Practice safe behaviors in a variety of settings. Model safe behaviors that reduce the risk of injury or harm. Describe how personal beliefs and values may influence practicing healthy behaviors. 	<p>Rec Games</p> <p>PERG.4The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings. a. Displays the ability to design rules, procedures, and routines appropriate for the group. b. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of individual differences. c. Applies safe practices in the physical education setting. d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.</p> <p>Learning Targets:</p>	<p>Unit 1: Intro to Weight Training and Lifting Techniques/Safety</p> <p>PEWT.1 (a, b, e) PEWT.2 (a, b, c, d, h, j) PEWT.4 (a, b, c, d) PEWT.5 (a, b)</p> <hr/> <p>Proper spotting techniques.</p> <p>Safe lifting techniques.</p> <p>Exhibit personal safety during weight training.</p> <p>Muscle vocabulary</p> <p>Exercise terminology.</p> <p>Follow rules and guidelines in the weightlifting area.</p> <p>Static and dynamic movements.</p>
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	<ol style="list-style-type: none"> 1. Students can demonstrate the ability to work in group setting 2. Students can design rules and norms necessary for the physical education setting 3. Student can follow rules, procedures, routines, and expectations for PE setting 4. Students can follow the safety protocol for 	
<p>Week August 14-25</p> <p>Vocabulary Terms: Culture, media, geography, behavioral factors, genetic factors, risk factors, protective factors, optimal health, illness, life expectancy, life span, quality of life, health, well-being, wellness,</p> <p>Priority Standards HEHS.1 (a, c, d, e, g, h, i)</p> <p>Supporting Standard HEHS.2 (a, c, d, g)</p> <hr/> <p>6-10 Lessons</p> <p>Big Ideas</p> <ul style="list-style-type: none"> ▪ Students will analyze the positive and negative influence of family, peers, culture, media, technology, and other factors on health behaviors. ▪ High school students will analyze a variety of positive and negative influences within society. ▪ Students will identify the diverse internal and external factors that influence health practices and behaviors among youth, including personal values, beliefs, and perceived norms. <p>Key Concepts</p> <p>HEHS2: Analyzing Influences to Stay ATOD Free</p> <ul style="list-style-type: none"> ▪ Consequences of driving under the influence of alcohol and other drugs. ▪ Key differences and similarities between prescription drugs, over-the-counter medications, and illicit drugs. ▪ Identify potential influences on illegal drug use. ▪ Short- and long-term effects of alcohol and tobacco use. ▪ Relationship between ATOD use and engaging in risky behaviors. ▪ Short- and long-term benefits of remaining ATOD free. ▪ Analyze situations that could lead to the use of alcohol and other drugs. ▪ Effects of peer pressure on ATOD use. ▪ Effects of media and technology on ATOD use. 		

September 2023						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Assessment on Ch.1	2
3	4 Labor Day Holiday	5 Asynchronous	6	7	8	9
10	11	12	13	14	15 Progress Report	16
17	18 Homecoming	19 Homecoming	20 Homecoming	21 Homecoming	22 Homecoming	23
24	25 Block Schedule A	26 Block Schedule B	27	28	29	30

October 2023						
◀ September						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 ASVAB	3	4	5 PL/Student holiday	6 Asynchronous	7
8	9 Fall Break	10 Fall Break	11	12	13	14
15	16 PSAT	17 PSAT	18 PSAT	19 PSAT	20 PSAT	21
22	23 You Sci 10th	24 You Sci 10th	25	26	27 Progress Report 2	28
29	30	31				

November 2023						
◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4

November 2023						
◀ October						
December ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10 Veteran's Day	11
12	13	14	15	16	17	18
19	20 Thanksgiving	21 Thanksgiving	22 Thanksgiving	23 Thanksgiving	24 Thanksgiving	25
26	27	28	29	30		

<div> <div>◀ November</div> <div>December 2023</div> <div>January ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Block Schedule A	5 Block Schedule B	6	7	8	9
10	11	12	13	14 Semester Exams	15 Semester Exams	16
17	18 Semester Exams	19 Semester Exams Early Release	20	21	22	23
24	25	26	27	28	29	30
31						