

<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 <sup>rd</sup> 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 <sup>rd</sup> 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	<b>21</b> 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 VOCAB CHART 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 <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.Fitness gram assessment videos and expectations given 2. Questions answered 3. Free play if time permits <u>Do Now:</u> 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	<b>22</b> Health: need to finish CPR & AED from previous week (Thurs) <b>Do Now:</b> <b>Copy KIM chart example</b> 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 <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.Students complete 15m pacer test 2.Coaches record data & put grades in Infinite Campus Closing: cool down <u>Do Now:</u> 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	<b>23</b> Ch.1 Do Now: Picture word model Classwork: -mental, social, emotional health comparison chart Closing:sticky note formative CPR practice assessment 1,2,3 & 4 <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.Students complete curl ups 2.Coaches record data & put grades in Infinite Campus Closing: cool down <u>Do Now:</u> 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	<b>24</b> 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 CPR & AED practice assignment 1,2,3 & 4 <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.Students complete push ups 2.Coaches record data & put grades in Infinite Campus Closing: cool down <u>Do Now:</u> 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	<b>25</b> <b>Do Now:</b> <b>Classwork:</b> Bring/get pics -study guide for assessment on Canvas <u>Do Now:</u> N/A <u>Classwork:</u> -Fitness Gram Makeups -Free play if time permits <u>Do Now:</u> 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	<p><b>28</b> Block Schedule A</p> <p><u>Do Now: Notebook setup completion</u> <u>Classwork upper &amp; lower</u></p> <p><u>2 sets of 10</u> 1.bicep curls 2. bench press 3. tricep dips 4. shoulder press 5. Bent over arm row 6. frontal lifts 1.Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down &amp; fill in notebook</p> <p><u>Do Now: Get with your team in your area &amp;complete your warm up activity</u> 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</p> <p>Final Draft due for health</p> <p>Do Now: Write one word to define the following 1.cardio 2.pulmonary 3. resuscitation 4.debrillator Classwork 1.CPR/AED quizziz review 2.if time permits students work on makeup assignments</p>	<p><b>29</b> Block Schedule B</p> <p><u>Do Now: Get with your team in your area &amp;complete your warm up activity</u> 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</p> <p>Do Now: Write one word to define the following 1.cardio 2.pulmonary 3. resuscitation 4.debrillator Classwork 1.CPR/AED quizziz review 2.if time permits students work on makeup assignments</p> <p>Final Draft due for health</p>	<p><b>30</b></p> <p><u>Do Now: Notebook setup completion</u> <u>Classwork upper &amp; lower</u></p> <p><u>2 sets of 10</u> 1.bicep curls 2. bench press 3. tricep dips 4. shoulder press 5. Bent over arm row 6. frontal lifts 1.Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down &amp; journal entry</p> <p><u>Do Now: Get with your team in your area &amp;complete your warm up activity</u> You have 7 minutes. (Darbee) <u>Classwork</u> Volleyball tournament between the classes or teams -Games to 10</p> <p>Do Now; 1.Begin Vocab KIM chart for 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, Classwork 1.CPR/AED assessments -students called by coach -check off sheet used for students</p> <p>Presentations</p>	<p><b>31</b></p> <p><u>Do Now: Notebook setup completion</u> <u>Classwork upper &amp; lower</u></p> <p><u>2 sets of 10</u> 1.bicep curls 2. bench press 3. tricep dips 4. shoulder press 5. Bent over arm row 6. frontal lifts 1.Leg ext 2. goblet squats 3. calf raises 4. tuck jumps 5. lunges 6. dead lifts Closing: cool down &amp; journal entry</p> <p><u>Do Now: Get with your team in your area &amp;complete your warm up activity</u> You have 7 minutes. (Darbee) <u>Classwork</u> -finish tournament &amp; assessment Closing cool down</p> <p>Do Now: 1.What is your current grade in this class 2.Where are all of the assignments for this class located? 3.Who is in charge of your grade?</p> <p><u>Classwork:</u> 1.SMART goals created -mental, social, emotional health comparison chart Closing: Round Table</p> <p>Presentations &amp; Assessment review</p>		

## Health

Week August 14-18

### Practicing Health

#### Priority Standards

HEHS.1 (a, b, e, f, g, h, i, j, m)

#### Supporting Standard

HEHS.7 (a, b, c)

### 6-10 Lessons

#### Big Ideas

- 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.

#### Key Concepts

#### HEHS7: Self-Management Practicing Safe Behaviors

- 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.

## Rec Games

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.

#### Learning Targets:

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

## Unit 1: Intro to Weight Training and Lifting Techniques/Safety

PEWT.1 (a, b, e)

PEWT.2 (a, b, c, d, h, j)

PEWT.4 (a, b, c, d)

PEWT.5 (a, b)

Proper spotting techniques.

Safe lifting techniques.

Exhibit personal safety during weight training.

Muscle vocabulary

Exercise terminology.

Follow rules and guidelines in the weightlifting area.

Static and dynamic movements.

	<b>safety protocol for</b>	
<p><b>Week August 14-25</b>  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><b>Priority Standards</b>  HEHS.1 (a, c, d, e, g, h, i)  <b>Supporting Standard</b>  HEHS.2 (a, c, d, g)</p> <hr/> <p><b>6-10 Lessons</b></p> <p><b>Big Ideas</b></p> <ul style="list-style-type: none"> <li>▪ Students will analyze the positive and negative influence of family, peers, culture, media, technology, and other factors on health behaviors.</li> <li>▪ High school students will analyze a variety of positive and negative influences within society.</li> <li>▪ Students will identify the diverse internal and external factors that influence health practices and behaviors among youth, including personal values, beliefs, and perceived norms.</li> </ul> <p><b>Key Concepts</b>  <b>HEHS2: Analyzing Influences to Stay ATOD Free</b></p> <ul style="list-style-type: none"> <li>▪ Consequences of driving under the influence of alcohol and other drugs.</li> <li>▪ Key differences and similarities between prescription drugs, over-the-counter medications, and illicit drugs.</li> <li>▪ Identify potential influences on illegal drug use.</li> <li>▪ Short- and long-term effects of alcohol and tobacco use.</li> <li>▪ Relationship between ATOD use and engaging in risky behaviors.</li> <li>▪ Short- and long-term benefits of remaining ATOD free.</li> <li>▪ Analyze situations that could lead to the use of alcohol and other drugs.</li> <li>▪ Effects of peer pressure on ATOD use.</li> <li>▪ Effects of media and technology on ATOD use.</li> </ul>		

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Freestyle friday Student work on makeup assignments & have conference based	2

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Labor Day Holiday	5 Asynchronous	6 <p>Do Now:</p> <p><u>Warm up:</u></p> <p>1 minute each x 2</p> <p>*jump rope</p> <p>*stretch-static</p> <p><u>Classwork:</u></p> <p>2 x 10 each</p> <p>-Pull ups</p> <p><b>-dead lift</b></p> <p>-Bench press (70% of max)</p> <p><b>-leg extensions</b></p> <p>-Fly</p> <p><b>-bar squats</b></p> <p>-Pull over</p> <p><b>-calf raises</b></p> <p><u>Closing:</u> cool down</p> <p><u>Do Now:</u></p> <p>Class warmup together</p> <p><u>Classwork:</u></p> <p>Fitness Gram</p> <p>-curl up &amp; push ups</p> <p>*students called by coach to complete assessment &amp; scores are recorded</p> <p><u>Closing:</u> Cool down</p> <p><b>Do Now:</b></p> <p><b>1.Table of Content</b></p> <p><b>Page of notebook</b></p> <p><b>2.Assessment</b></p> <p><b>review</b></p> <p><b>Class: Last Day to work on &amp; complete assignments for the first 4 weeks.</b></p>	7 <p>Do Now:</p> <p>Fill in fitness journal</p> <p><u>Warm up:</u></p> <p>1 minute each x 2</p> <p>*jump rope</p> <p>*stretch-static</p> <p><u>Classwork:</u></p> <p>2 x 5 each</p> <p>-Pull ups</p> <p><b>-dead lift</b></p> <p>-Bench press (70% of max)</p> <p><b>-leg extensions</b></p> <p>-Fly</p> <p><b>-bar squats</b></p> <p>-Pull over</p> <p><b>-calf raises</b></p> <p><u>Closing:</u> cool down</p> <p><u>Do Now:</u></p> <p>Class warmup together</p> <p><u>Classwork:</u></p> <p>Fitness Gram makeups</p> <p>Pacer,-curl up &amp; push ups</p> <p>*students called by coach to complete assessment &amp; scores are recorded</p> <p>-free play if time permits</p> <p><u>Closing:</u> Cool down</p> <p>Do Now:Quizziz login</p> <p>Class: Quizziz portion &amp; hand</p> <p>CPR assessment</p> <p><b>Closing:N/A</b></p>	8 <p>Do Now:</p> <p>Complete Fitness Journal</p> <p>Classwork: Rest Day &amp; Makeups</p> <p>-</p> <p><u>Do Now:</u></p> <p>10 minute walk</p> <p><u>Classwork:</u></p> <p>Free Play:</p> <p>Basketball</p> <p>Football</p> <p>Volleyball</p> <p>soccer</p> <p><u>Closing:</u> Cool down last 5 minutes</p> <p>Do Now:Quizziz login</p> <p><b>Class:</b></p> <p><b>-Makeup Test</b></p> <p><b>-Possible Gym Day</b></p>	9



<p><b>10</b></p>	<p><b>11</b></p> <p>Do Now: Warm up: <b>30 secs each</b> Choose 4 of the darbee jump rope exercises <u>Classwork:</u> 3 x 10 each Darbee chest &amp; core workout -add bench press (70%) <b>Closing: cool down</b></p> <p><u>Do Now:</u> 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. <u>Classwork:</u> -Chapter Vocab -Comparison Chart</p> <p><b>Closing:Remind login &amp; cold call</b></p> <p><b>Do Now:</b> Get with your team in your area &amp;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 **Rec Games rotation if volleyball is not available</p> <p><b>Closing: cool down</b> <b>Mod:</b> Do Now: Volleyball bump &amp; set video 5 sentence summary <u>Work:</u> -review expectations of volleyball &amp; rec games for this week * corn hole tournament with teams &amp; scorekeeper team * other groups will -journal entry *what they know about cornhole -keep score &amp; ref -darbee fitness *warmup &amp; everyday workout</p>	<p><b>12</b></p> <p>Do Now: Warm up: <b>30 secs each</b> Choose 4 of the darbee jump rope exercises <u>Classwork:</u> Darbee leg Day workout (3x's) <b>Closing: cool down</b></p> <p><b>Do Now:</b> 1.What is your SMART goal for this class? 2. What is your current grade in this class? 3. Are you in line to meet your goal based on your answer for number 1 &amp; 2 4. List 2 things you plan on continuing or beginning to do in order to make sure you meet your goal <u>Classwork:</u> Chapter Close Reading &amp; Review Question Closing: N/A</p> <p><b>Do Now:</b> <b>Copy KIM chart example</b> 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</p> <p><u>Do Now:</u> Class warmup <u>Classwork</u> 1.Equipment warmup 2. Rec Games review (Team activities -volleyball (bump, set, serve) 3.Tournament best of 3 (games to 10) -Free play once volleyball is done **Rec Games rotation if volleyball is not available</p> <p><b>Closing: cool down</b> <b>Game 1</b> <b>*1 vs 3 Duty 5</b> <b>*2 vs. 4 Duty 6</b> <u>2<sup>nd</sup> period Team #'s</u> 1--- Flower power 2---Patriot Players 3-No Name 4--- Toon Squad 5---Monarch 6---Team Skeyee</p> <p><b>3<sup>rd</sup> period:</b> Have to make teams</p>	<p><b>13</b></p> <p>Do Now: Warm up: <b>30 secs each</b> Choose 4 of the darbee jump rope exercises <u>Classwork:</u> 3 x 10 each Darbee chest &amp; core workout -add bench press (70%) <b>Closing: cool down</b></p> <p><u>Do Now:</u> 1.Write a summary of this chapter in your own words using at least 4 complete sentences and 4 vocabulary terms. <u>Classwork:</u> Partner one pager on the chapter completing the one pager based on rubric provided Closing:pairs share/post on padlet or applicable platform <b>**close reading</b></p> <p>Ch.1 Do Now: Picture word model <u>Classwork:</u> -mental, social, emotional health comparison chart Closing:sticky note formative</p> <p><b>Do Now:</b> Get with your team in your area &amp;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) 3.Tournament best of 3 (games to 10) -Free play once volleyball is done **Rec Games rotation if volleyball is not available</p> <p><b>Closing: cool down</b> <b>Game 2</b> <b>3 vs 5 Duty: 1</b> <b>4 vs 6 Duty: 2</b></p>	<p><b>14</b></p> <p>Do Now: Warm up: <b>30 secs each</b> Choose 4 of the darbee jump rope exercises <u>Classwork:</u> Darbee leg Day workout (3x's) <b>Closing: cool down</b></p> <p>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 <u>Classwork:</u> Chapter review study guide &amp; checking for understanding : quizziz</p> <p>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 <u>Classwork</u> -factors affecting health-hands on skills activity on page 31 Outline Closing: reminders **modified -Finish close reading -chapter study guide *review questions 1-14</p> <p><b>Do Now:</b> <b>Class warmup</b> <u>Classwork</u> 1.Equipment warmup 2. Rec Games review (Team activities -volleyball (bump, set, serve) 3.Tournament best of 3 (games to 10) -Free play once volleyball is done **Rec Games rotation if volleyball is not available</p> <p><b>Closing: cool down</b></p> <p><b>Game 3</b> <b>5 vs 6 Duty: 3</b> <b>1 vs 2 Duty: 4</b></p>	<p><b>15</b> Progress Report</p> <p>Do Now: Complete Fitness Journal</p> <p><u>Classwork:</u> Rest Day &amp; Makeups - Do Now: quizziz login <u>Classwork:</u> chapter assessment Closing: N/A</p> <p>Bring/get pics -study guide for assessment on Canvas **Modified Finish study guide</p> <p><b>Do Now:</b> <b>10 minute walk</b> <u>Classwork</u> Free Play -volleyball -basketball -football -soccer</p> <p><b>Closing: cool down</b></p>	<p><b>16</b></p>
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6th period Teams 1---Nope 2---Team Beast Mode 3---# RichTeens 4---Barbie 5---El mapche 6-Thomas				
17	18 Homecoming Volleyball  Do Now: Class warm up  Classwork: Coaches provide instructions for basic volleyball hits and serves along with students assistance -Students practice serves first then have three hit lines on both sides of net -Game play if time permits Closing: cool down  Do Now: Students write learning targets -Students will analyze the positive and negative influence of family, peers, culture, and other factors on health behaviors. -Compare & contrast the dimentions of health Classwork: 1.Complete chapter review 2.Assignment check Closing: Assessment review	19 Homecoming Volleyball  Do Now: Class warm up  Classwork: *Volleyball tournament play (war of the classes) -best of 3 games (games go to 12) *Free Play if time permits Closing: cool down  Do Now: ADAP Learning Targets 1.I can define what TADRA represents 2.I can explain the purpose of TADRA 3. I can list the requirements for students drivers Classwork:  1.ADAP Chapter 1 Close read of manual  2.ADAP review questions from crossword puzzle (students refer to manual & write the question and answer)  Closing: peer share/check work  Ebook: <a href="https://online.flipbuilder.com/hatt/cerv/">https://online.flipbuilder.com/hatt/cerv/</a>	20 Homecoming Free Play  Do Now: Class warm up  Classwork: *Volleyball tournament play -students pick teams (best of 3)  -free play if time permits Closing: cool down  Do Now: What do the following stand for: a.TADRA b.ADAP c.OTC d.DUI  Classwork: **complete Close Read from previous day  1.Chapter 2 read as class or read silently based on student behavior 2.  Closing: cold call review	21 Homecoming Free Play  Do Now: Class warm up  Classwork: *Volleyball tournament play -students pick teams (best of 3)  Free play if time permits Closing: cool down  Do Now: 1.List three things you learned from yesterday's lesson Classwork: 1.Chapter 3 Cornell Notes (following steps from Canvas and/or teacher page) 2. Teacher Assignment check  Closing: student reflection completion  **recess**	22 Homecoming Do Now: 10 minute walk  Classwrok: Free Play various sports  Closing: Cool down  Do Now: 10 minute walk  Classwork: Free Play various sports Closing: cool down  Do Now: Students will complete reflection  Classwork: 1.Study Guide provided (due Tuesday Sept 26 <sup>th</sup> ) 2. Complete .Makeup work (bring to teacher to check) 3.Free play if class goal is met (85% of students complete assignments for the week)  Closing: N/A	23 1.3 one pager

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	<b>25</b> Block Schedule Do Now: Pick 3 darbee jump rope exercises for 1 minute & stretch Classwork: 3 x 10 First Responders workout (use the weighted bars for exercises) Closing: cool down  Do Now: 1. List three assignments from this unit 2. next to each assignment, write yes or no if you completed it Classwork: 1. ADAP study guide 2. Cornell notes ch.3  <b>ADAP One Pager- extra credit +20 if done correctly towards lowest ADAP assignment</b>  Do Now: Notebook entry (charts from tournament)- 10 mins  Classwork: Rec Game Rotations (for makeups) 1. Ping Pong 2. Cornhole 3. Connect 4 4. Hole in 1 (hallway)-2  Closing: cool down	<b>26</b> Block Schedule B  Do Now: 1. List three assignments from this unit 2. next to each assignment, write yes or no if you completed it Classwork: 1. ADAP study guide review & questions answered by teacher from students 2. ADAP assessment <b>3. Ch. Vocab</b> *Ch.2 Vocab KIM chart-  Do Now: Notebook entry (charts from tournament)- 10 mins  Classwork: Rec Game Rotations (for makeups) 1. Ping Pong 2. Cornhole 3. Connect 4 4. Hole in 1 (hallway)-2  Closing: cool down	<b>27</b> Do Now: Pick 3 darbee jump rope exercises for 1 minute & stretch Classwork: 3 x 10 First Responders workout (use the weighted bars for exercises) Closing: cool down  Classwork: -ADAP Assessment -Work on Extra Credit** Closing: N/A  Do Now: Warmup & stretch with teams  Classwork: Fitness Groups (prep for fitness gram assessments) 30 secs each exercise (chest & core)  Closing: cool down	<b>28</b> Do Now: Pick 3 darbee jump rope exercises for 1 minute & stretch Classwork: 3 x 10 First Responders workout (use the weighted bars for exercises) Closing: cool down  *Ch.2 Vocab KIM chart  Do Now: Warmup & stretch with teams  Classwork: Fitness Groups (prep for fitness gram assessments) 30 secs each exercise (chest & core)  Closing: cool down	<b>29</b> Do Now: 10 minute walk  Classwork: Free Play various sports  Closing: Cool down  Do Now: 10 minute walk  Classwork: Free Play various sports Closing: cool down  Do Now: 1. What is your current grade in this class? 2. What is your SMART goal for this class? 3. Are you on track to meet your SMART goal for this class? Classwork: Makeup Day (complete assignments that are not done and/or missed)	30

# FIRST RESPONDER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



## Recreational Games

### 36.02700 Introductory Recreational Games

**Course Description:** Introduces recreational games for lifetime leisure activities which may include table tennis, shuffleboard, frisbee, deck tennis, new games, horseshoes, darts and croquet. Emphasizes the rules of each game and the skills necessary to play.

### 36.03700 Intermediate Recreational Games

**Course Description:** Enhances recreational game skills in table tennis, shuffleboard, frisbee, deck tennis, new games, horseshoes, darts, and croquet.

### 36.04700 Advanced Recreational Games

**Course Description:** Provides further development of skills and exploration into technical aspects of recreational games.

*The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness, motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.*

## Motor Skills and Movement Patterns

**PERG.1** The physically educated student demonstrates competency in a variety of motor skills and movement patterns.

- Demonstrates competence while performing skills in a variety of recreational game settings and activities
- Performs skills at a level of competence which contributes to health-related fitness.
- Demonstrates proper warm-up and cool-down protocol associated with different life time sport physical activities.

## Movement Concepts and Principles

**PERG.2** The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- Integrates a variety of strategies, tactics, concepts, and skills during recreational games activities.
- Evaluates skills needed for recreational games and leisure activities.

**PERG.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.**

- Maintains or improves fitness level by using the results of the Georgia Fitness Assessment to guide changes in a personal program of physical activity.
- Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.
- Analyzes the relationship between physical activity and longevity.

October 2023																		
◀ September					November ▶													
Sun	Mon	Tue	Wed	Thu	Fri	Sat												
<b>1</b> Learning Target -analyze results from fitness assessments -explain the importance of purposeful physical activity  Criteria for success -define longevity -write a summary explaining the relationship between longevity and physical activity	<b>2</b> ASVAB <b>Do Now:</b> From the current unit 1.List three vocab terms you are more likely to know the definition of 2.List 2 vocab terms that are most difficult to understand <b>Classwork:</b> Use rubric to create Chapter PPT project (create booklet if you do not have your computer)  <b>Do Now:</b> Record Fitness Gram Assessment numbers using the following chart <table><tr><td>Exer</td><td>#/time</td><td>goal</td></tr><tr><td>Pacer</td><td></td><td></td></tr><tr><td>curl</td><td></td><td></td></tr><tr><td>push</td><td></td><td></td></tr></table> <b>Classwork:</b> Picture It Activity	Exer	#/time	goal	Pacer			curl			push			<b>3</b>  <b>Classwork:</b> Use rubric to create Chapter PPT project	<b>4</b>  <b>Classwork:</b> Use rubric to create Chapter PPT project (powerpot due)	<b>5</b> PL/Student holiday	<b>6</b> Asynchronous Work on missing assignments	<b>7</b>
Exer	#/time	goal																
Pacer																		
curl																		
push																		
<b>8</b>	<b>9</b> Fall Break	<b>10</b> Fall Break	<b>11</b> Chapter Booklet Project	<b>12</b> Chapter Booklet Project	<b>13</b> Chapter Booklet Project Due Today	<b>14</b>												
<b>15</b>	<b>16</b> PSAT Choosing the Best (pre survey)	<b>17</b> PSAT Choosing the Best	<b>18</b> PSAT Choosing the Best	<b>19</b> PSAT Choosing the Best (post survey)	<b>20</b> PSAT Choosing the Best	<b>21</b>												
<b>22</b>	<b>23</b> You Sci 10th Mental & Emotional Health Project rough draft check list Ch.4-7 (notebook)	<b>24</b> You Sci 10th Mental & Emotional Health Project rough draft check list (notebook)- Brochure & one pager (for self use) & tracking of self	<b>25</b> Mental & Emotional Health Project (checklist check)	<b>26</b> Mental & Emotional Health Project	<b>27</b> Progress Report 2 Mental & Emotional Health Project Due today	<b>28</b>												
<b>29</b>	<b>30</b> Developing A Healthy Lifestyle Project Ch. 8-10 -list things you like to eat considering a balanced diet and items from each section (organize items at least 10 for each section) -Create a meal plan including your items -choose 4 essential vitamins and for each provide function for the body, food sources of these vitamins, what could happen without them -fitness plan (for a month) -poster	<b>31</b> Developing A Healthy Lifestyle Project Ch. 8-10	<div><h3>HOW CAN EXERCISE IMPROVE WELL BEING</h3><p>📧 <a href="#">@BelievePHD</a></p><div><div><h4>Self Acceptance</h4><p>Exercise can improve self acceptance by giving an individual a more positive view about themselves</p></div><div><h4>Positive Attitude</h4><p>By exercising you are improving your health and body image and therefore will start to have a more positive attitude</p></div><div><h4>Autonomy</h4><p>Exercise can increase your autonomy by making you feel as though as you have more confidence in decisions in which you make</p></div><div><h4>Mastery</h4><p>Through exercise you can develop environmental mastery by feeling as though you are in charge of the situations in which you live</p></div><div><h4>Personal Growth</h4><p>Exercise can improve personal growth by giving you more new challenges and making you feel as though you grow on an in life</p></div><div><h4>Positive Relations</h4><p>Exercise leads to more positive social interactions which in turn relates to your positive relations with others</p></div><div><h4>Mental Health</h4><p>Exercise can improve your mood and help to reduce depression and anxiety</p></div></div></div>															

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◀ October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Developing A Healthy Lifestyle Project Ch. 8-10	<b>2</b> Developing A Healthy Lifestyle Project Ch. 8-10	<b>3</b> Developing A Healthy Lifestyle Project Ch. 8-10	<b>4</b>
<b>5</b>	<b>6</b> Developing A Healthy Lifestyle Project Ch. 8-10	<b>7</b> Developing A Healthy Lifestyle Project Ch. 8-10 (project due)	<b>8</b> Movie Day	<b>9</b> Movie Day	<b>10</b> Veteran's Day	<b>11</b>
<b>12</b>	<b>13</b> Establishing Healthy Relationships-skit option (packet work done in notebook) Ch.14 & 15	<b>14</b> Establishing Healthy Relationships (packet work done in notebook)	<b>15</b> Establishing Healthy Relationships (packet work done in notebook)	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Thanksgiving	<b>21</b> Thanksgiving	<b>22</b> Thanksgiving	<b>23</b> Thanksgiving	<b>24</b> Thanksgiving	<b>25</b>
<b>26</b>	<b>27</b> Protecting your Health Ch. 16 & 17 Podcast Assignment/Project	<b>28</b> Protecting your Health Ch. 16 & 17	<b>29</b> Protecting your Health Ch. 16 & 17 Podcast Assignment/Project	<b>30</b> Protecting your Health Ch. 16 & 17		

<div> <div>◀ November</div> <div>December 2023</div> <div>January ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Protecting your Health Ch. 16 & 17 Project due	2
3	4 Block Schedule A Understanding Disease & Disorders (Ch.18-20) -one pager	5 Block Schedule B Understanding Disease & Disorders (Ch.18-20) -one pager	6 Understanding Disease & Disorders (Ch.18-20) -one pager	7 Final Exam Study guide	8 Final Exam Study guide	9
10	11 Final Exam Study guide	12 Final Exam Study guide review	13 Final Exam Study guide review	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						