



| Monday 01/13/2020 | Tuesday 01/14/2020 | Wednesday 01/15/2020 | Thursday 01/16/2020 | Friday 01/17/2020 |
|--|--|--|---|--|
| <p>Geigle's Class 8:15am - 8:45am</p> <p>Matball</p> <p>We will play kickball this week with them. Working together as a team and understanding that everyone's skill level is different. A little different then kickball where you can have as many people on base as possible. Need to go around twice in order to score.</p> <p>Standards</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>S3.E2.3 Engages in the activities of physical education class without teacher prompting.</p> <p>S3.E4.3 Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.</p> <p>S4.E1.3 Exhibits personal responsibility in teacher-directed activities.</p> <p>S4.E4.3a Works cooperatively with others.</p> <p>S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.</p> <p>S4.E6.3 Works independently and</p> | <p>Wolff's and Lambert's Class 8:15am - 8:45am</p> <p>Learning the game of kickball</p> <p>We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it. We will start to play the game of kickball on both sides of the court with two classes.</p> <p>Standards</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p> <p>S5.E3.Ka Identifies physical activities that are enjoyable.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S4.E5.K Recognizes the established protocol for class activities.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S3.E2.K Actively participates in physical education class.</p> <p>S1.E16.Kb Catches a large ball tossed by</p> | <p>Lerdal's Class 8:15am - 8:45am</p> <p>Learning the game of kickball</p> <p>We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it. We will start to play the game of kickball with them to learn to play as a team.</p> <p>Standards</p> <p>PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>S1.E21.1 Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.</p> <p>S3.E2.1 Actively engages in physical education class.</p> <p>S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.</p> <p>S4.E2.1 Follows the rules and parameters of the learning environment.</p> <p>S4.E3.1 Responds appropriately to</p> | <p>Lambert's Class 8:15am - 8:45am</p> <p>Learning the game of kickball</p> <p>We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it. We will start to play the game of kickball on both sides of the court with two classes.</p> <p>Standards</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p> <p>S5.E3.Ka Identifies physical activities that are enjoyable.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S4.E5.K Recognizes the established protocol for class activities.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S3.E2.K Actively participates in physical education class.</p> <p>S1.E16.Kb Catches a large ball tossed by a skilled thrower.</p> | <p>Lerdal's Class 8:15am - 8:45am</p> <p>Learning the game of kickball</p> <p>We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it. We will start to play the game of kickball with them to learn to play as a team.</p> <p>Standards</p> <p>PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>S1.E21.1 Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.</p> <p>S3.E2.1 Actively engages in physical education class.</p> <p>S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.</p> <p>S4.E2.1 Follows the rules and parameters of the learning environment.</p> <p>S4.E3.1 Responds appropriately to</p> |



safely in physical activity settings.

S4.E6.4 Works safely with peers and equipment in physical activity settings.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

S4.E2.4 Reflects on personal social behavior in physical activity.

S4.E1.4 Exhibits responsible behavior in independent group situations.

S3.E2.5 Actively engages in all the activities of physical education.

S3.E4.5 Identifies the need for warm-up and cool down relative to various physical activities.

S4.E2.5b Exhibits respect for self with appropriate behavior while engaging in physical activity.

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E14.5b Throws overhand to a large target with accuracy.

S1.E15.5b Throws

a skilled thrower.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Swenson's Class
8:45am - 9:15am

Matball

We will be playing kickball this week. Continue teaching them the importance of team and each player.

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S1.E14.3 Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.1 The physically

general feedback from the teacher.

S4.E5.1 Exhibits the established protocols for class activities.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

S5.E3.1a Describes positive feelings that result from participating in physical activities.

Whipples Class
8:45am - 9:15am

matball

We will play kickball with this group. We really need to work on team and staying positive.

Standards

S5.E2.2 Compares physical activities that bring confidence and challenge.

S4.E6.2b Works safely with physical education equipment.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S4.E3.2 Accepts specific corrective feedback from the teacher.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

S1.E16.2 Catches a

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Hoekman's Class
8:45am - 9:15am

Learning the game of kickball

We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it.

We will start to play the game of kickball with them to learn to play as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E21.1 Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.

S3.E2.1 Actively engages in physical education class.

S4.E1.1 Accepts responsibility by using equipment and space appropriately.

S4.E2.1 Follows the

general feedback from the teacher.

S4.E5.1 Exhibits the established protocols for class activities.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

S5.E3.1a Describes positive feelings that result from participating in physical activities.

Geigle's Class
8:45am - 9:15am

Matball

We will play kickball this week with them. Working together as a team and understanding that everyone's skill level is different. A little different than kickball where you can have as many people on base as possible. Need to go around twice in order to score.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S3.E2.3 Engages in the activities of physical education class without teacher prompting.

S3.E4.3 Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

S4.E1.3 Exhibits personal



with reasonable accuracy in dynamic, small-sided practice tasks.

S1.E16.5a Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills).

S1.E16.5c Catches with reasonable accuracy in dynamic, small-sided practice tasks.

S4.E3.5 Gives corrective feedback respectfully to peers.

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

Whipples Class
8:45am - 9:15am

matball

We will play kickball with this group. We really need to work on ream and staying positive.

Standards

S5.E2.2 Compares physical activities that bring confidence and challenge.

S4.E6.2b Works safely with physical education equipment.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S4.E3.2 Accepts specific corrective

literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.

Eszlinger's Class
9:15am - 9:45am

matball

We will play kickball with this group. We really need to work on ream and staying positive.

Standards

S5.E2.2 Compares physical activities that bring confidence and challenge.

S4.E6.2b Works safely with physical education equipment.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S4.E3.2 Accepts specific corrective feedback from the teacher.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping

self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.

S1.E14.2 Throws overhand demonstrating 2 of the 5 critical elements of a mature pattern.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Swenson's Class
9:15am - 9:45am

Matball

We will be playing kickball this week. Continue teaching them the importance of team and each player.

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S1.E14.3 Throws

rules and parameters of the learning environment.

S4.E3.1 Responds appropriately to general feedback from the teacher.

S4.E5.1 Exhibits the established protocols for class activities.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

S5.E3.1a Describes positive feelings that result from participating in physical activities.

Wolf 9:15am - 9:45am

Learning the game of kickball

We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it. We will start to play the game of kickball on both sides of the court with two classes.

Standards

S5.E3.Kb Discusses the enjoyment of playing with friends.

S5.E3.Ka Identifies physical activities that are enjoyable.

S5.E2.K Acknowledges that some physical activities are challenging/difficult.

S4.E6.K Follows teacher directions for safe participation and proper use of equipment with

responsibility in teacher-directed activities.

S4.E4.3a Works cooperatively with others.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E6.3 Works independently and safely in physical activity settings.

S4.E6.4 Works safely with peers and equipment in physical activity settings.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

S4.E2.4 Reflects on personal social behavior in physical activity.

S4.E1.4 Exhibits responsible behavior in independent group situations.

S3.E2.5 Actively engages in all the activities of physical education.

S3.E4.5 Identifies the need for warm-up and cool down relative to various physical activities.

S4.E2.5b Exhibits respect for self with appropriate behavior while engaging in physical activity.

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to



feedback from the teacher.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.

S1.E14.2 Throws overhand demonstrating 2 of the 5 critical elements of a mature pattern.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Eszlinger's Class
9:15am - 9:45am

matball

We will play kickball with this group. We really need to work on team and staying positive.

Standards

S5.E2.2 Compares physical activities that bring confidence and challenge.

or cradling against the body.

S1.E14.2 Throws overhand demonstrating 2 of the 5 critical elements of a mature pattern.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Oschner/Harms Class
9:45am - 10:15am

Matball

We will play kickball and work as a team. We need to really cooperate with the number of students in the gym at one time.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E14.4a Throws overhand using a mature pattern in nondynamic environments (closed skills).

overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.

Schneiders class
9:45am - 10:15am

Matball

We will play kickball this week with them. Working together as a team and understanding that everyone's skill level is different. A little different than kickball where you can have as many people on base as possible. Need to go around twice in order to score.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

minimal reminders.

S4.E5.K Recognizes the established protocol for class activities.

S4.E4.K Share equipment and space with others.

S4.E3.K Follows instruction/directions when prompted.

S3.E2.K Actively participates in physical education class.

S1.E16.Kb Catches a large ball tossed by a skilled thrower.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

6th PE A 9:45am - 10:30am

Matball

We will play kickball working on staying positive and playing as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.M2.6 Throws with a mature pattern for distance or power appropriate to the

referee).

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E14.5b Throws overhand to a large target with accuracy.

S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.

S1.E16.5a Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills).

S1.E16.5c Catches with reasonable accuracy in dynamic, small-sided practice tasks.

S4.E3.5 Gives corrective feedback respectfully to peers.

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

Harm's Class 9:15am - 9:45am

Matball

We will play kickball and work as a team. We need to really cooperate with the number of students in the gym at one time.

Standards

PE.1 The physically



S4.E6.2b Works safely with physical education equipment.

S4.E5.2 Recognizes the role of rules and etiquette in teacher-designed physical activities.

S4.E3.2 Accepts specific corrective feedback from the teacher.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

S1.E16.2 Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body.

S1.E14.2 Throws overhand demonstrating 2 of the 5 critical elements of a mature pattern.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Daugaard's Class
9:45am - 10:15am

Matball

S1.E14.4b Throws overhand to a partner or at a target with accuracy at a reasonable distance.

S1.E15.4 Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

S1.E16.4 Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

6th PE A 10:30am - 11:15am

Matball

We will play kickball working on staying positive and playing as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.M2.6 Throws with a mature pattern for distance or power appropriate to the practice task (e.g.,

S3.E2.3 Engages in the activities of physical education class without teacher prompting.

S3.E4.3 Recognizes the importance of warm-up and cool-down relative to vigorous physical activity.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

S4.E4.3a Works cooperatively with others.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E6.3 Works independently and safely in physical activity settings.

S4.E6.4 Works safely with peers and equipment in physical activity settings.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

S4.E2.4 Reflects on personal social behavior in physical activity.

S4.E1.4 Exhibits responsible behavior in independent group situations.

S3.E2.5 Actively engages in all the activities of physical education.

S3.E4.5 Identifies the need for warm-up and cool down relative to various

practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base).

S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

S3.M18.6 Identifies positive and negative results of stress and appropriate ways of dealing with each.

Daugaard's Class
10:30am - 11:00am

Matball

We will be playing kickball this week. Continue teaching them the importance of team and each player.

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E14.4a Throws overhand using a mature pattern in nondynamic environments (closed skills).

S1.E14.4b Throws overhand to a partner or at a target with accuracy at a reasonable distance.

S1.E15.4 Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

S1.E16.4 Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

Oschner 4th 9:45am - 10:15am

Matball

We will play kickball and work as a team. We need to really cooperate with the number of students in



We will be playing kickball this week. Continue teaching them the importance of team and each player.

Standards

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S1.E14.3 Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.

6th PE B 10:30am -

distance = outfield to home plate; power = 2nd base to 1st base).

S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

S3.M18.6 Identifies positive and negative results of stress and appropriate ways of dealing with each.

9th Health Class A
11:15am - 12:00pm

Lesson 11 Dealing with Depression

Warm-up: What can too much Caffeine do to you?
Read life Crisis and how to handle it. Help them with the emotions of crises and how to handle it.
Finish reading Depression.

Homework

Worksheet on the first part of the lesson.

Standards

1.12.1 Predict how healthy behaviors can affect health status.

1.12.5 Propose ways to reduce or prevent injuries and health problems.

physical activities.

S4.E2.5b Exhibits respect for self with appropriate behavior while engaging in physical activity.

S4.E1.5 Engages in physical activity with responsible interpersonal behavior (ex. peer to peer, student to teacher, student to referee).

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E14.5b Throws overhand to a large target with accuracy.

S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.

S1.E16.5a Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills).

S1.E16.5c Catches with reasonable accuracy in dynamic, small-sided practice tasks.

S4.E3.5 Gives corrective feedback respectfully to peers.

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

S1.E14.3 Throws overhand demonstrating 3 of the 5 critical elements of a mature pattern, in nondynamic environments (closed skills), for distance and/or force.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E21.3b Uses a continuous running approach and kicks a stationary ball for accuracy.

9th Health class B
11:15am - 12:00pm

Lesson 10 Expressing Emotions and Managing stress

Warm-up: Quiz on the final part of the chapter
Then do a few activities on stress.

Standards

1.12.1 Predict how healthy behaviors can affect health status.

2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.

2.12.4 Evaluate how

the gym at one time.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E14.4a Throws overhand using a mature pattern in nondynamic environments (closed skills).

S1.E14.4b Throws overhand to a partner or at a target with accuracy at a reasonable distance.

S1.E15.4 Throws to a moving partner with reasonable accuracy in a nondynamic environment (closed skills).

S1.E16.4 Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a nondynamic environment (closed skills).

S1.E21.4 Kicks along the ground and in the air, and punts using mature patterns.

6th PE A 10:15am - 11:00am

Matball

We will play kickball working on staying



11:15am

Matball

We will play kickball working on staying positive and playing as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.M2.6 Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base).

S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

S3.M18.6 Identifies positive and negative results of stress and appropriate ways of dealing with each.

9th Health Class A
11:15am - 12:00pm

2.12.3 Analyze how peers influence healthy and unhealthy behaviors.

6.12.1 Assess personal health practices and overall health status.

7.12.1 Analyze the role of individual responsibility for enhancing health.

7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

8.12.2 Demonstrate how to influence and support others to make positive health choices.

9th Health class B
11:15am - 12:00pm

Lesson 10
Expressing Emotions and Managing stress

Warm-up: What is the Gas Syndrome? (3 stages)

Finish the chapter and allow them to finish their worksheets to be handed in.

Role play their skits.

Standards

1.12.1 Predict how healthy behaviors can affect health status.

2.12.2 Analyze how the culture supports and challenges

6th PE B 10:30am - 11:15am

Matball

We will play kickball working on staying positive and playing as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.M2.6 Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base).

S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

S3.M18.6 Identifies positive and negative results of stress and appropriate ways of dealing with each.

6th Health A 11:15am

the school and community can affect personal health practice and behaviors.

2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

3.12.2 Use resources from home, school, and community that provide valid health information.

4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

5.12.1 Examine barriers that can hinder healthy decision making.

5.12.4 Generate alternatives to health-related issues or problems.

8.12.2 Demonstrate how to influence and support others to make positive health choices.

6th Health B 12:30pm - 1:15pm

Chapter 5 Lesson 2
Understanding your emotions

Warm up: What are 3 steps you can take to build self-esteem and develop resilience?

Start reading Lesson

positive and playing as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.M2.6 Throws with a mature pattern for distance or power appropriate to the practice task (e.g., distance = outfield to home plate; power = 2nd base to 1st base).

S1.M3.6 Catches with a mature pattern from a variety of trajectories using different objects in varying practice tasks.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

S3.M18.6 Identifies positive and negative results of stress and appropriate ways of dealing with each.

6th PE B 10:30am - 11:15am

Badminton

Getting them to play some 1 on 1 game



Lesson 10
Expressing
Emotions and
Managing stress

Warm-up: Quiz on the final part of the chapter
Then do a few activities on stress.

Standards

- 1.12.1** Predict how healthy behaviors can affect health status.
- 2.12.2** Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
- 2.12.4** Evaluate how the school and community can affect personal health practice and behaviors.
- 2.12.9** Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- 3.12.2** Use resources from home, school, and community that provide valid health information.
- 4.12.3** Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- 4.12.4** Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- 5.12.1** Examine barriers that can hinder healthy

- health beliefs, practices, and behaviors.
- 2.12.4** Evaluate how the school and community can affect personal health practice and behaviors.
- 2.12.9** Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- 3.12.2** Use resources from home, school, and community that provide valid health information.
- 4.12.3** Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- 4.12.4** Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- 5.12.1** Examine barriers that can hinder healthy decision making.
- 5.12.4** Generate alternatives to health-related issues or problems.
- 8.12.2** Demonstrate how to influence and support others to make positive health choices.

Rec Sports 2:35pm - 3:18pm

- 12:00pm
Chapter 5 Lesson 2
Understanding your emotions

Warm up: What are 3 steps you can take to build self-esteem and develop resilience?
Start reading Lesson 2. When done reading it has them fill out the worksheet.
Go over Anger Management with them.

Standards

- 7.8.2** Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.1** Explain the importance of assuming responsibility for personal health behaviors.
- 6.8.1** Assess personal health practices.
- 4.8.4** Demonstrate how to ask for assistance to enhance the health of self and others.
- 4.8.3** Demonstrate effective conflict management or resolution strategies.
- 4.8.2** Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- 2.8.5** Analyze how messages from media influence health behaviors.
- 2.8.2** Describe the influence of culture on health beliefs, practices, and

2. When done reading it has them fill out the worksheet.
Go over Anger Management with them.
Finish the Lesson

Standards

- 7.8.2** Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.1** Explain the importance of assuming responsibility for personal health behaviors.
- 6.8.1** Assess personal health practices.
- 4.8.4** Demonstrate how to ask for assistance to enhance the health of self and others.
- 4.8.3** Demonstrate effective conflict management or resolution strategies.
- 4.8.2** Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- 2.8.5** Analyze how messages from media influence health behaviors.
- 2.8.2** Describe the influence of culture on health beliefs, practices, and behaviors.
- 1.8.7** Describe the benefits of and barriers to practicing healthy behaviors.

Rec Sports 2:35pm - 3:18pm

and others on the side will work on their skills by passing the birdie back and forth.

Standards

- PE.1** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- PE.4** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- PE.5** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- S1.M12.6** Performs a legal underhand serve with control for net/wall games such as badminton, volleyball or pickleball.
- S1.M13.6** Strikes with a mature overhand pattern in a nondynamic environment for net/wall games such as volleyball, handball, badminton or tennis.
- S3.M9.6** Employs correct techniques and methods of stretching.
- S4.M1.6** Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities



decision making.
5.12.4 Generate alternatives to health-related issues or problems.
8.12.2 Demonstrate how to influence and support others to make positive health choices.

6th Health A 12:30pm - 1:15pm

Chapter 5 Lesson 2 Understanding your emotions

Warm up: What are 3 steps you can take to build self-esteem and develop resilience? Start reading Lesson 2. When done reading it has them fill out the worksheet. Go over Anger Management with them.

Standards

- 7.8.2** Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.1** Explain the importance of assuming responsibility for personal health behaviors.
- 6.8.1** Assess personal health practices.
- 4.8.4** Demonstrate how to ask for assistance to enhance the health of self and others.
- 4.8.3** Demonstrate effective conflict management or resolution strategies.

behaviors.
1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

6th Health B 12:30pm - 1:15pm

Chapter 5 Lesson 2 Understanding your emotions

Warm up: What are 3 steps you can take to build self-esteem and develop resilience? Start reading Lesson 2. When done reading it has them fill out the worksheet. Go over Anger Management with them.

Standards

- 7.8.2** Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.1** Explain the importance of assuming responsibility for personal health behaviors.
- 6.8.1** Assess personal health practices.
- 4.8.4** Demonstrate how to ask for assistance to enhance the health of self and others.
- 4.8.3** Demonstrate effective conflict management or resolution strategies.
- 4.8.2** Demonstrate refusal and negotiation skills that avoid or reduce health risks.

- and exhibiting safe behaviors.
- S4.M3.6** Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.
- S4.M4.6** Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.
- S4.M5.6** Cooperates with a small group of classmates during adventure activities, game play or team-building activities.
- S4.M6.6** Identifies the rules and etiquette for physical activities/games and dance activities.
- S4.M7.6** Uses physical activity and fitness equipment appropriately and safely, with the teacher's guidance.
- S5.M1.6** Describes how being physically active leads to a healthy body.
- S5.M2.6** Identifies components of physical activity that provide opportunities for reducing stress and for social interaction.
- S5.M3.6** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback and/or



4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.

1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

Schneiders class
1:15pm - 1:45pm

Matball

We will play kickball this week with them. Working together as a team and understanding that everyone's skill level is different. A little different then kickball where you can have as many people on base as possible. Need to go around twice in order to score.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S3.E2.3 Engages in the activities of physical education class without teacher prompting.

S3.E4.3 Recognizes the importance of warm-up and cool-down relative to

2.8.5 Analyze how messages from media influence health behaviors.

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.

1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

Hoekman's Class
1:15pm - 1:45pm

Learning the game of kickball

We will be learning the game of kickball. Throwing and Catching a ball. Also working on baserunning so they understand it. We will start to play the game of kickball with them to learn to play as a team.

Standards

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E21.1 Approaches a stationary ball and kicks it forward, demonstrating 2 of the 5 critical elements of a mature pattern.

S3.E2.1 Actively engages in physical education class.

modifying the tasks.

S5.M4.6 Describes how moving competently in a physical activity setting creates enjoyment.

S5.M6.6 Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

PE.3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

9th Health Class A
11:19am - 12:00pm

Lesson 11 Dealing with Depression

Warm-up: What can too much Caffeine do to you?
Read life Crisis and how to handle it. Help them with the emotions of crises and how to handle it. Finish reading Depression.

Homework

Worksheet on the first part of the lesson.

Standards

1.12.1 Predict how



vigorous physical activity.

S4.E1.3 Exhibits personal responsibility in teacher-directed activities.

S4.E4.3a Works cooperatively with others.

S4.E5.3 Recognizes the role of rules and etiquette in physical activity with peers.

S4.E6.3 Works independently and safely in physical activity settings.

S4.E6.4 Works safely with peers and equipment in physical activity settings.

S4.E5.4 Exhibits etiquette and adherence to rules in a variety of physical activities.

S4.E2.4 Reflects on personal social behavior in physical activity.

S4.E1.4 Exhibits responsible behavior in independent group situations.

S3.E2.5 Actively engages in all the activities of physical education.

S3.E4.5 Identifies the need for warm-up and cool down relative to various physical activities.

S4.E2.5b Exhibits respect for self with appropriate behavior while engaging in physical activity.

S4.E1.5 Engages in physical activity with responsible

S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.

S4.E2.1 Follows the rules and parameters of the learning environment.

S4.E3.1 Responds appropriately to general feedback from the teacher.

S4.E5.1 Exhibits the established protocols for class activities.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

S5.E3.1a Describes positive feelings that result from participating in physical activities.

Rec Sports 2:35pm - 3:18pm

healthy behaviors can affect health status.

1.12.5 Propose ways to reduce or prevent injuries and health problems.

2.12.3 Analyze how peers influence healthy and unhealthy behaviors.

6.12.1 Assess personal health practices and overall health status.

7.12.1 Analyze the role of individual responsibility for enhancing health.

7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

8.12.2 Demonstrate how to influence and support others to make positive health choices.

9th Health class B
11:19am - 12:00pm

6th Health A 12:30pm
- 2:15pm

Chapter 5 Lesson 2 Understanding your emotions

Warm up: What are 3 steps you can take to build self-esteem and develop resilience? Start reading Lesson 2. When done reading it has them fill out the worksheet. Go over Anger



interpersonal behavior (ex. peer to peer, student to teacher, student to referee).

PE.1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.E14.5b Throws overhand to a large target with accuracy.

S1.E15.5b Throws with reasonable accuracy in dynamic, small-sided practice tasks.

S1.E16.5a Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills).

S1.E16.5c Catches with reasonable accuracy in dynamic, small-sided practice tasks.

S4.E3.5 Gives corrective feedback respectfully to peers.

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

Rec Sports 2:35pm - 3:18pm

Management with them.
Finish the Lesson

Standards

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

6.8.1 Assess personal health practices.

4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.

4.8.3 Demonstrate effective conflict management or resolution strategies.

4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.

1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

Rec Sports 2:35pm - 3:18pm