Week-At-A-Glance August 17-21 **Week 1**

Health & Personal Fitness Combo  **Coach Stewart**

Goal: Introduce teacher, students, material, procedures, Personal Fitness Chapters 1 & 2

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Essential Question**: Why is it important to workout at least 3 days a week? | **Essential Question**: Explain the difference between being healthy and physically fit? Is there a difference? | **Essential Question**:  | **Essential Question:** Explain the three heat illnesses and which one is life threatening & you must call 911. | **Goal:** Student will be evaluated on their health related fitness using the Fitnessgram  |
| **PEPF.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.****5.a, 5.b, 5.c, 5.d, 5.e** | **PEPF.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.****5.a, 5.b, 5.c, 5.d, 5.e** |  | **PEPF.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.****4.a, 4.e, 4.f** | **PEPF.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.****1.a, 1.b, 1.c** |
| **Objectives**: Students will understand the policies & procedures and why this class is required for graduation. | **Objectives**: Students will learn about the health-related components and how to improve them. | **Objectives:**  | **Objectives**: student will learn how to exercise safely. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |
| **Activities**: Ice Breaker - Popular Vacation Spot - Lake in RussiaPolicies/Procedures - Powerpoint Important things to find on CTLS - Resources, Assignments**Microsoft Forms can be found under Assignments**- Textbook Checkout Information- Pre-Exercise Questionnaire- Fitnessgram Data Entry- Workout ReflectionsWorkout Days - Tuesdays & Fridays (still log on to CTLSlive to get your workout)\*after workout - complete **Workout Reflection Form**Fitnessgram - record scores on **Fitnessgram Form** Pre-Exercise Questionnaire - complete **Pre-Exercise Form**Textbook Checkout (Wednesday) - complete **Textbook Checkout Form**\*\*Ticket out the door - Forms Quiz - Policies/Procedures | **Activities:** Review Policies/ProceduresWatch - Skinny on Obesity - complete graphic organizerReview Chapter 1 Notes***\*\*Chapter 1 Quizizz*** - To open [joinmyquiz.com](https://quizizz.com/join?gc=6606552#_blank)and enter this code **2504147**(you can take it up to 2 times, best score will be recorded)**Must be completed by 5:59pm on Wednesday, August 19th** | **Activities:**  | **Activities:** Review Chapter 1 - look at questions missed Chapter 2 Review-heat illnesses-how to dress for a safe workout – elements-hydration**1st workout - tomorrow** (Friday) - procedures - login CTLS - dressed to workout- Hydrate before & after- After workout - complete Workout Reflection Form | **Activities:** 10 minute warm-up/explanation of workoutworkout - on their own10 minute - review of workout & complete Workout Reflection Form**Chapter 1 & 2 Assessment**on Quizizz. to open[joinmyquiz.com](https://quizizz.com/join?gc=6606552#_blank)and enter this code**6606552**(you can take it up to 2 times, best score will be recorded) **Must be completed by 3:30pm on Monday, August 24th** |
| **Homework:**Complete all FormsUsing Chapter 1 Powerpoint - complete outline | **Homework:**Chapter 1 QuizUsing Chapter 2 Powerpoint - Complete Chapter 2 outline | **Homework:** | **Homework** | **Homework:**Assessment - Chapter 1 & 2Complete Workout Reflection |