Week-At-A-Glance August 24-28

Health – 9 Week **WEEK 2 Coach Stewart**

Goal: Health Chapter 1 & 2 – Understanding Health and Wellness & Taking Charge of Your Health

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Essential Question:How can your daily decision-making influence your overall health? | Essential Question:Which Health Related components did you improve today and how? |  | Essential Question:How could applying the Decision Making Model help you to make better life choices? | Essential Question:Which Health Related components did you improve today and how? |
| Standard: **P.S.1 Students will comprehend concepts related to health promotion and disease prevention** | **Standard**: **P.S.1 Students will comprehend concepts related to health promotion and disease prevention** |  | **Standard**: **P.S.1 Students will comprehend concepts related to health promotion and disease prevention** | **Standard**: **P.S.1 Students will comprehend concepts related to health promotion and disease prevention** |
| Objectives:Students will learn about the Health Triangle & how decisions will affect the balance of their Health Triangle. | Objectives:Students will work to improve each of their Health-Related Components |  | Objective: The student will learn the importance of using the Decision-Making Model to make life choices. | Objectives:Students will work to improve each of their Health-Related Components |
| Activities:**Watch** – Never Give Up Video Answer QuestionsUsing **Glencoe Health book** or Health Chapter 1 Powerpoint complete Chapter 1 OutlineChapter 1 Concept Map – Assignment | Activities:Workout10-minute warm-up/stretch20 minutes Jog/Walk10 minutes abs/push-ups10 minutes cool downComplete Workout Reflection | Planning – 8:30-10:30Available for help 10:30-2:30* Email
* Text through Remind

Assign - All About Me – Flipgrid-Due Monday 8/31 | Activities:Using **Glencoe Health book** or Health Chapter 2 Powerpoint complete Chapter 2 OutlineI-messages – HandoutCommunication ActivitiesDecision Making Model QuestionsBuilding Health Skills Practice | Activities:Workout10-minute warm-up/stretch20 minutes Jog/Walk10 minutes abs/push-ups10 minutes cool downComplete Workout Reflection |
| **Assessment**:Formative – Concept Map Assignment | **Assessment:** FormativeWorkout Participation |  | **Assessment:** **Formative – Communication Assignment & Decision-Making Model Questions** | **Assessment:** FormativeWorkout Participation |
| **HW:**Read Chapter 1 Complete OutlineChapter 1 Concept Map – Due Thursday | **HW:**Complete Workout ReflectionChapter 1 Concept MapChapter 1 OutlineAll About Me – Due 8/31 | **HW****All About Me – Due 8/31** | **HW:**Using Glencoe Health book or Health Chapter 2 Powerpoint complete Chapter 2 OutlineCommunication AssignmentDecision Making AssignmentBuilding Health Skills Practice | **HW:**Complete Workout ReflectionChapter 2 Assignments**Chapter 1 & 2 Health Test****By Monday, August 31st** |