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 Questions  Using **Glencoe Health book** or Health Chapter 1 Powerpoint complete Chapter 1 Outline  Chapter 1 Concept Map – Assignment | Activities:  Workout  10-minute warm-up/stretch  20 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Complete Workout Reflection | Planning – 8:30-10:30  Available 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 Outline  I-messages – Handout  Communication Activities  Decision Making Model Questions  Building Health Skills Practice | Activities:  Workout  10-minute warm-up/stretch  20 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Complete Workout Reflection |
| **Assessment**:  Formative – Concept Map Assignment | **Assessment:**  Formative  Workout Participation |  | **Assessment:**  **Formative – Communication Assignment & Decision-Making Model Questions** | **Assessment:**  Formative  Workout Participation |
| **HW:**  Read Chapter 1 Complete Outline  Chapter 1 Concept Map – Due Thursday | **HW:**  Complete  Workout Reflection  Chapter 1 Concept Map  Chapter 1 Outline  All 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 Outline  Communication Assignment  Decision Making Assignment  Building Health Skills Practice | **HW:**  Complete  Workout Reflection  Chapter 2 Assignments  **Chapter 1 & 2 Health Test**  **By Monday, August 31st** |