Week-At-A-Glance September 7-11

Health & Personal Fitness Combo **WEEK 4 Coach Stewart**

Goal: To learn how to develop self-esteem to help with making positive choices.

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| No School  Labor Day | **Essential Question:**  How does self-esteem affect your decision making? |  | **Essential Question:**  How does applying the Principle of Specificity **reduce** your chances of overuse injury? | **Essential Question:**  Which Health Related components did you improve today and how? |
|  | HE HS.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. |  | HE HS.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. | **PEPF.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.**  **1.a, 1.b, 1.c** |
| You will need to make-up a workout on your own & complete a Workout Reflection. | **Objectives**: Student will learn Maslow’s Hierarchy of Needs and evaluate where they fall on his scale. |  | **Objectives**: Student learn healthy ways to express their emotions and what some common defense mechanisms are. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |
|  | **Activities:**  Health Chapter 3 PowerPoint – Notes Lesson 1 & 2  Developing Self-Esteem  Developing Personal Identity and Character  Watch “Forever Strong” ending  -Maslow’s Hierarchy – Where did Rick finish  How did this affect his decision making?  Maslow’s Hierarchy of Needs – Self Assessment-discuss  Read Chapter 3 Lesson 1 & 2 - complete outline to help study for the upcoming test  Chapter 3 Vocabulary - complete to help study for the **Chapter 3,4 5 Test - September 25th** | Planning – 8:30-10:30  Available for help  10:30-2:30  Email  or  Text through Remind | **Activities:**  Health Chapter 3 PowerPoint Notes – Lesson 3  Expressing Emotions & Common Defense Mechanisms | Activities:  Workout  10-minute warm-up/stretch  20 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Workout #1 – choice of 3  Use Polar Beat to record your workout.  Complete Workout Reflection |
|  | **HW:**  All About Me – Coat of Arms Poster – Due Friday – end of the day  Boost Your Self Esteem Assignment – Due Friday – end of the day |  | **HW:**  All About Me – Coat of Arms Poster – Due Friday – end of the day  Boost Your Self Esteem Assignment – Due Friday – end of the day | **HW:**  Complete  Workout Reflection |