Week-At-A-Glance September 14-18

Health & Personal Fitness Combo **WEEK 5 Coach Stewart**

Goal: To learn how stress can impact their Mental Health

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Essential Question:How can you reduce stress or prevent stress? | **Essential Question:**Which Health Related components did you improve today and how? |  | Essential Question:What are some ways to help someone who is grieving? | **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** | **PEPF.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.****1.a, 1.b, 1.c** |  | **Standard**: **P.S.1 Students will comprehend concepts related to health promotion and disease prevention** | **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 learn about common stressors & ways to relieve stress. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |  | Objective: Students will learn about the grieving process. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |
| **Activities:**Chapter 4 Self-Assess – Stress Scale (handout)Stress PowerPoint – What is stress and how to manage it.Common Stressors – Teens pg. 94Coping Skills-Relaxation Techniques* Progressive muscle relaxation

ImageryRead Chapter 4 – complete strategy assignment – to help study for the Chapter 3,4,5 Test on September 25th | Activities:Workout10-minute warm-up/stretch20 minutes Jog/Walk10 minutes abs/push-ups10 minutes cool downWorkout #1 – choice of 3Use Polar Beat to record your workout.Complete Workout Reflection | Planning – 8:30-10:30Available for help10:30-2:30EmailorText through Remind | Activities:Research the difference between:Hospice/hospitalWill/ Living willFunerals/Memorial ServiceCoping SkillsExplain how to help others with grieving process & traumatic events.Complete Chapter 4 outline | Activities:Workout10-minute warm-up/stretch20 minutes Jog/Walk10 minutes abs/push-ups10 minutes cool downWorkout #1 – choice of 3Use Polar Beat to record your workout.Complete Workout Reflection |
| **HW:** Read Chapter 4 – Complete Reading Strategy Assignment. Practice Relaxation TechniquesStudy common stressors & ways to relieve stress | **HW:**Complete Workout Reflection |  | **HW:****Complete Research Assignment Due Friday** | **HW:**Complete Workout Reflection |