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 Russia  Policies/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 Reflections  Workout 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/Procedures  Watch - Skinny on Obesity - complete graphic organizer  Review 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 workout  workout - on their own  10 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 Forms  Using Chapter 1 Powerpoint - complete outline | **Homework:**  Chapter 1 Quiz  Using Chapter 2 Powerpoint - Complete Chapter 2 outline | **Homework:** | **Homework** | **Homework:**  Assessment - Chapter 1 & 2  Complete Workout Reflection |