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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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. 94  Coping Skills-Relaxation Techniques   * Progressive muscle relaxation   Imagery  Read Chapter 4 – complete strategy assignment – to help study for the Chapter 3,4,5 Test on September 25th | 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 | Planning – 8:30-10:30  Available for help  10:30-2:30  Email  or  Text through Remind | Activities:  Research the difference between:  Hospice/hospital  Will/ Living will  Funerals/Memorial Service  Coping Skills  Explain how to help others with grieving process & traumatic events.  Complete Chapter 4 outline | 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:** Read Chapter 4 – Complete Reading Strategy Assignment. Practice Relaxation Techniques  Study common stressors & ways to relieve stress | **HW:**  Complete  Workout Reflection |  | **HW:**  **Complete Research Assignment Due Friday** | **HW:**  Complete  Workout Reflection |