Week-At-A-Glance September 21-25

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

Goal: To learn how anxiety and depression are treatable mental health problems

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Essential Question:  What can you do if you are feeling anxious or depressed? | **Essential Question:**  Which Health Related components did you improve today and how? |  | Essential Question:  Who are some people who can help with people with Mental Disorders? | **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 what anxiety and depression are. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |  | Objective:  Students will learn common mental illnesses and how to find help. | **Objectives**: Student will work to improve their muscular strength/endurance and their cardiorespiratory endurance. |
| **Activities:**  Chapter 5 PowerPoint Notes  Lesson 1 – Dealing with Anxiety and Depression  Work on Chapter 5 Assignment  Research Mental Disorders  Due Friday  **To study for the test:**  **Health Book Chapter Reviews**  Health Chapter 3,4,5 Test - Friday  **Chapter 5 Quizizz** *to help study Mental Disorders*  **to open** [**joinmyquiz.com**](https://quizizz.com/join?gc=63791072#_blank)  **and enter this code**  **63791072**  **Chapter 3 Quizizz** *to help study Defense Mechanisms*  **to open** [**joinmyquiz.com**](https://quizizz.com/join?gc=36921312#_blank)  **and enter this code**  **36921312** | Activities:  Workout  10-minute warm-up/stretch  25 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Workout #2 – 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:  Chapter 5 PowerPoint Notes Lesson 3 & 4  Health Chapter 3,4,5 Test tomorrow in class.  Finish Health Chapter 5 Assignment – Research Mental Disorders – Due Friday  **Chapter 5 Quizizz** *to help study Mental Disorders*  **to open** [**joinmyquiz.com**](https://quizizz.com/join?gc=63791072#_blank)  **and enter this code**  **63791072**  **Chapter 3 Quizizz** *to help study Defense Mechanisms*  **to open** [**joinmyquiz.com**](https://quizizz.com/join?gc=36921312#_blank)  **and enter this code**  **36921312** | Activities:  Chapter 3,4,5 Test on Quizizz  Workout  10-minute warm-up/stretch  25 minutes Jog/Walk  10 minutes abs/push-ups  10 minutes cool down  Workout #2 – choice of 3  Use Polar Beat to record your workout.  Complete Workout Reflection |
| **HW:** Read Chapter 5 – Complete Graphic organizer and outline  Chapter 5 Assignment – Due Friday | **HW:**  Complete  Workout Reflection |  | **HW:**  **Complete Research Assignment Due Friday** | **HW:**  Complete  Workout Reflection |