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 NotesLesson 1 – Dealing with Anxiety and DepressionWork on Chapter 5 AssignmentResearch Mental DisordersDue 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:Workout10-minute warm-up/stretch25 minutes Jog/Walk10 minutes abs/push-ups10 minutes cool downWorkout #2 – 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:Chapter 5 PowerPoint Notes Lesson 3 & 4Health 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 QuizizzWorkout10-minute warm-up/stretch25 minutes Jog/Walk10 minutes abs/push-ups10 minutes cool downWorkout #2 – choice of 3Use Polar Beat to record your workout.Complete Workout Reflection |
| **HW:** Read Chapter 5 – Complete Graphic organizer and outlineChapter 5 Assignment – Due Friday | **HW:**Complete Workout Reflection |  | **HW:****Complete Research Assignment Due Friday** | **HW:**Complete Workout Reflection |