Unit 1 & 2 – Personal Fitness (Chapter 1 & 2)

Week 1 (August 17-21)

**Monday** - In Class

Syllabus – Policies/Procedures

* Ice Breaker - Popular Vacation Spot/Lake in Russia
* Policies/Procedures - Powerpoint (to open - double click below)



Important things to find on CTLS **or**  [www.harrisonhigh.org](http://www.harrisonhigh.org) – Academics – Physical Education – Stewart - Blog

* CTLS - Under Resources (Unit 1 & 2 Lesson & Homework for the week)
* Blog – Under Powerpoints/Assignments

**The following forms are needed (click below)**

**\*you can print to keep for future use**

**Forms sheet includes links to the following:**



* **Textbook Checkout Information**

**(submitted on Monday, August 17th, only if you want to check out Health & Personal Fitness books)**

* **Pre-Exercise Questionnaire (submitted on Monday, August 17th)**
* **FitnessGram Data Entry (see FitnessGram directions: to open double click link below)**



* **Workout Reflections (submitted after each workout)**

**Workout Days** - Tuesdays & Fridays (still log on to CTLS to get your workout)

\*after workout - complete **Workout Reflection Form**

**(located on forms sheet above)**

**Monday’s Homework Assignment**

* Complete all Forms
  + Textbook (only if you want to checkout books)
  + Pre-Exercise Questionnaire
  + FitnessGram Data Entry – to be completed once you complete ALL the fitnessGram components (you have until next Monday, August 24th)
* Using Chapter 1 Powerpoint - complete outline
* **Print** – Skinny on Obesity Graphic Organizer
  + we’ll watch the video clip tomorrow in class.



**Tuesday** - In Class

1. Review Policies/Procedures
2. Watch - Skinny on Obesity - complete graphic organizer

Video Link: <https://www.uctv.tv/shows/The-Skinny-on-Obesity-Ep-1-An-Epidemic-for-Every-Body-23305>

* Notes – what to know from The Skinny on Obesity Video Clip



* Graphic Organizer



1. Review Chapter 1 Notes – Take Quiz on Quizizz

\*Chapter 1 Quizizz - To open **joinmyquiz.com** and enter this code **2504147**

**\*\* username should be your First & Last name & Class Period #**

1. Review Chapter 1 Again

**Tuesday’s Homework Assignment**

* Read Chapter 2 – Complete Chapter 2 Review pages 68-69 #1-26 (only)
* Complete Exercising Safely Handout – we’ll discuss your answers Thursday in class. (you can print out the handout or answer on a separate sheet of paper)



**Thursday** – In Class

​Review Chapter 1

- look at questions missed from the Quiz you took on Quizizz in class on Tuesday.

Chapter 2 Review – anything not understood?

-How to dress for workouts

-hot weather

-cold weather

-shoes - \*toe box

Heat Illnesses Handout



Heat Illnesses & Concussion Video Links



**Thursday’s Homework Assignment**

* Prepare for Chapter 1 & 2 Test using Chapter Reviews found in the Personal Fitness book.
* **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**

**1st workout - tomorrow (Friday) - procedures**

- login CTLS Live - dressed to workout

- Hydrate before & after

- After workout - **complete Workout Reflection Form**

**Friday**

10 minute warm-up/explanation of workout

workout - on their own (I’ll assign your workout)

10 minute - review of workout & **complete Workout Reflection Form**