

Monday 9/17	Tuesday 9/18	Wednesday 9/19	Thursday 9/20	Friday 9/21
<p>Health-9 Standards 10.1.12.A—Evaluate factors that impact growth and development during adulthood and late adulthood. 10.1.12.B—Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12.E—Identify & analyze factors that influence the prevention & control of health problems. 10.2.12.A—Evaluate health care products & services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. 10.2.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p>Objectives Students will be able to describe the three communication styles; define empathy and active listening; explain what good communication has to do with self-esteem and mental health.</p> <p>Assignment In class—Notes & discussion Take home & return—None</p> <p>Upcoming event None</p>	<p>Health-9 Standards 10.1.12.A—Evaluate factors that impact growth and development during adulthood and late adulthood. 10.1.12.B—Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12.E—Identify & analyze factors that influence the prevention & control of health problems. 10.2.12.A—Evaluate health care products & services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. 10.2.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p>Objectives Students will be able to define self-actualization and mental health; describe characteristics of good mental health; explain how Maslow’s Hierarchy of Needs applies to life.</p> <p>Assignment In class—Notes & discussion Take home & return—None</p> <p>Upcoming event None</p>	<p>Health-9 Standards 10.1.12.A—Evaluate factors that impact growth and development during adulthood and late adulthood. 10.1.12.B—Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12.E—Identify & analyze factors that influence the prevention & control of health problems. 10.2.12.A—Evaluate health care products & services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. 10.2.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p>Objectives Students will be able to define defense mechanisms and describe how they help people manage difficult emotions.</p> <p>Assignment In class—Notes & discussion; comic strip Take home & return—Work not completed in class</p> <p>Upcoming event None</p>	<p>Health-9 Standards 10.1.12.A—Evaluate factors that impact growth and development during adulthood and late adulthood. 10.1.12.B—Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12.E—Identify & analyze factors that influence the prevention & control of health problems. 10.2.12.A—Evaluate health care products & services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. 10.2.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p>Objectives Students will be able to define mental disorder; describe common symptoms of mental disorders; explain what to do if someone is experiencing symptoms of a mental disorder; identify treatment methods for mental disorders.</p> <p>Assignment In class—Notes & discussion Take home & return—None</p> <p>Upcoming event None</p>	<p>Health-9 Standards 10.1.12.A—Evaluate factors that impact growth and development during adulthood and late adulthood. 10.1.12.B—Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12.E—Identify & analyze factors that influence the prevention & control of health problems. 10.2.12.A—Evaluate health care products & services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. 10.2.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p>Objectives Students will demonstrate mastery of concepts related to mental disorders on written worksheets.</p> <p>Assignment In class—Review packet Take home & return—Work not completed in class</p> <p>Upcoming event None</p>
<p>PE-11 Standards 10.4.12.A—Evaluate and</p>		<p>PE-11 Standards 10.4.12.A—Evaluate and engage</p>		<p>PE-11 Standards 10.4.12.A—Evaluate and</p>

<p>engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.D—Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E—Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.5.12.A—Apply knowledge of movement, movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B—Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C—Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.F—Analyze the application of game strategies for different categories of physical activities.</p> <p><u>Objectives/Assignment</u> Students will engage in a variety of lifetime physical activities.</p> <p><u>Upcoming event</u> None</p>		<p>in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.D—Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E—Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.5.12.A—Apply knowledge of movement, movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B—Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C—Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.F—Analyze the application of game strategies for different categories of physical activities.</p> <p><u>Objectives/Assignment</u> Students will engage in a variety of lifetime physical activities.</p> <p><u>Upcoming event</u> None</p>		<p>engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.D—Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12.E—Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.5.12.A—Apply knowledge of movement, movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.B—Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.12.C—Evaluate the impact of practice strategies on skill development and improvement.</p> <p>10.5.12.F—Analyze the application of game strategies for different categories of physical activities.</p> <p><u>Objectives/Assignment</u> Students will engage in a variety of lifetime physical activities.</p> <p><u>Upcoming event</u> None</p>
<p><u>PE-8 Standards</u> 10.4.9.A—Analyze and engage</p>	<p><u>PE-8 Standards</u> 10.4.9.A—Analyze and engage</p>	<p><u>PE-8 Standards</u> 10.4.9.A—Analyze and engage in</p>	<p><u>PE-8 Standards</u> 10.4.9.A—Analyze and engage</p>	<p><u>PE-8 Standards</u> 10.4.9.A—Analyze and engage</p>

<p>in physical activities that are developmentally/individually appropriate and support the achievement of personal fitness and activity goals.</p> <p>10.4.9.B—Analyze the effects of regular participation in moderate to vigorous physical activities related to adolescent health management.</p> <p>10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C—Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F—Describe and apply game strategies to complex games and physical activities.</p> <p>Objectives/Assignment Students will engage in Ultimate Frisbee activities.</p> <p>Upcoming event None</p>	<p>in physical activities that are developmentally/individually appropriate and support the achievement of personal fitness and activity goals.</p> <p>10.4.9.B—Analyze the effects of regular participation in moderate to vigorous physical activities related to adolescent health management.</p> <p>10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C—Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F—Describe and apply game strategies to complex games and physical activities.</p> <p>Objectives/Assignment Students will engage in Ultimate Frisbee activities.</p> <p>Upcoming event None</p>	<p>physical activities that are developmentally/individually appropriate and support the achievement of personal fitness and activity goals.</p> <p>10.4.9.B—Analyze the effects of regular participation in moderate to vigorous physical activities related to adolescent health management.</p> <p>10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C—Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F—Describe and apply game strategies to complex games and physical activities.</p> <p>Objectives/Assignment Students will engage in Ultimate Frisbee activities.</p> <p>Upcoming event None</p>	<p>in physical activities that are developmentally/individually appropriate and support the achievement of personal fitness and activity goals.</p> <p>10.4.9.B—Analyze the effects of regular participation in moderate to vigorous physical activities related to adolescent health management.</p> <p>10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C—Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F—Describe and apply game strategies to complex games and physical activities.</p> <p>Objectives/Assignment Students will engage in Ultimate Frisbee activities.</p> <p>Upcoming event None</p>	<p>in physical activities that are developmentally/individually appropriate and support the achievement of personal fitness and activity goals.</p> <p>10.4.9.B—Analyze the effects of regular participation in moderate to vigorous physical activities related to adolescent health management.</p> <p>10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C—Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F—Describe and apply game strategies to complex games and physical activities.</p> <p>Objectives/Assignment Students will engage in Ultimate Frisbee activities.</p> <p>Upcoming event None</p>
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