

<b>Monday 12/31</b>	<b>Tuesday 1/1</b>	<b>Wednesday 1/2</b>	<b>Thursday 1/3</b>	<b>Friday 1/4</b>
<p><b>Health-9</b> No school</p>	<p><b>Health-9</b> No school</p>	<p><b>Health-9</b> No school</p>	<p><b>Health-9</b> <b>Standards</b> 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 &amp; analyze factors that influence the prevention &amp; control of health problems. 10.2.12.A—Evaluate health care products &amp; services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. <b>Objectives</b> Students will be able to define lifestyle disease, cardiovascular disease, and blood pressure; describe how life choices impact their chances of developing a lifestyle disease; differentiate between controllable and uncontrollable risk factors; describe how genetics relates to lifestyle disease acquisition. <b>Assignment</b> In class—Notes &amp; discussion Take home &amp; return—None <b>Upcoming event</b> None</p>	<p><b>Health-9</b> <b>Standards</b> 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 &amp; analyze factors that influence the prevention &amp; control of health problems. 10.2.12.A—Evaluate health care products &amp; services that impact adult health practices. 10.2.12.B—Assess factors that impact adult health consumer choices. <b>Objectives</b> Students will be able to define cancer and diabetes; compare benign and malignant tumors; identify warning signs of cancer; describe how insulin works; contrast type 1 and type 2 diabetes; describe symptoms of diabetes. <b>Assignment</b> In class—Notes &amp; discussion Take home &amp; return—None <b>Upcoming event</b> None</p>
<p><b>PE-11</b> No school</p>		<p><b>PE-11</b> No school</p>		<p><b>PE-11</b> <b>Standards</b> 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><b><u>Objectives/Assignment</u></b> Students will engage in a variety of lifetime physical activities.</p> <p><b><u>Upcoming event</u></b> None</p>
<p><b>PE-8</b> No school</p>	<p><b>PE-8</b> No school</p>	<p><b>PE-8</b> No school</p>	<p><b>PE-8</b> <b><u>Standards</u></b> 10.4.9.A—Analyze and engage</p>	<p><b>PE-8</b> <b><u>Standards</u></b> 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><b>Objectives/Assignment</b> Students will engage in kickball activities.</p> <p><b>Upcoming event</b> 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><b>Objectives/Assignment</b> Students will engage in kickball activities.</p> <p><b>Upcoming event</b> None</p>
--	--	--	---	---