

Monday 9/16	Tuesday	Wednesday	Thursday	Friday
<p><b>Health-9 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.  10.3.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p><b>Objectives</b>  Students will be able to describe the three communication styles; explain what I-messages are and use write them for life scenarios.</p> <p><b>Assignment</b>  In class—Notes &amp; discussion; I-messages worksheet  Take home &amp; return—Work not completed in class</p> <p><b>Upcoming event</b>  None</p>	<p><b>Health-9 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.  10.3.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p><b>Objectives</b>  Students will be able to describe active listening and define empathy; explain what good communication has to do with self-esteem and mental health.</p> <p><b>Assignment</b>  In class—Notes &amp; discussion  Take home &amp; return—None</p> <p><b>Upcoming event</b>  None</p>	<p><b>Health-9 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.  10.3.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p><b>Objectives</b>  Students will be able to define mental health and emotions; describe Maslow's hierarchy of needs and explain how it relates to wellness; express emotions in a positive manner.</p> <p><b>Assignment</b>  In class—Notes &amp; discussion; haiku partner project  Take home &amp; return—None; work not completed in class</p> <p><b>Upcoming event</b>  None</p>	<p><b>Health-9 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.  10.3.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p><b>Objectives</b>  Students will be able to describe defense mechanisms and their limitations.</p> <p><b>Assignment</b>  In class—Notes &amp; discussion  Take home &amp; return—None</p> <p><b>Upcoming event</b>  None</p>	<p><b>Health-9 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.  10.3.12.C—Analyze the impact of violence on the victim and the surrounding community.</p> <p><b>Objectives</b>  Students will be able to creatively and effectively illustrate a defense mechanism.</p> <p><b>Assignment</b>  In class—Defense mechanism comic strip  Take home &amp; return—Work not completed in class</p> <p><b>Upcoming event</b>  None</p>
<p><b>PE-11 Standards</b>  10.4.12.A—Evaluate and engage in an individualized</p>		<p><b>PE-11 Standards</b>  10.4.12.A—Evaluate and engage in an individualized physical</p>		<p><b>PE-11 Standards</b>  10.4.12.A—Evaluate and engage in an individualized</p>

<p>physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.  10.4.12.D—Evaluate factors that affect physical activity and exercise preferences of adults.  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.  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.  10.5.12.B—Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.  10.5.12.C—Evaluate the impact of practice strategies on skills development and improvement.  10.5.12.F—Analyze the application of game strategies for different categories of physical activities.  <u>Objectives/Assignment</u>  Students will engage in Ultimate Frisbee activities.  <u>Upcoming event</u>  None</p>		<p>activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.  10.4.12.D—Evaluate factors that affect physical activity and exercise preferences of adults.  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.  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.  10.5.12.B—Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.  10.5.12.C—Evaluate the impact of practice strategies on skills development and improvement.  10.5.12.F—Analyze the application of game strategies for different categories of physical activities.  <u>Objectives/Assignment</u>  Students will engage in Ultimate Frisbee activities.  <u>Upcoming event</u>  None</p>		<p>physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.  10.4.12.D—Evaluate factors that affect physical activity and exercise preferences of adults.  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.  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.  10.5.12.B—Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.  10.5.12.C—Evaluate the impact of practice strategies on skills development and improvement.  10.5.12.F—Analyze the application of game strategies for different categories of physical activities.  <u>Objectives/Assignment</u>  Students will engage in Ultimate Frisbee activities.  <u>Upcoming event</u>  None</p>
<p><b>PE-8 Standards</b>  10.4.9.A—analyze and engage in physical activities that are developmentall/individually</p>	<p><b>PE-8 Standards</b>  10.4.9.A—analyze and engage in physical activities that are developmentall/individually</p>	<p><b>PE-8 Standards</b>  10.4.9.A—analyze and engage in physical activities that are developmentall/individually</p>	<p><b>PE-8 Standards</b>  10.4.9.A—analyze and engage in physical activities that are developmentall/individually</p>	<p><b>PE-8 Standards</b>  10.4.9.A—analyze and engage in physical activities that are developmentall/individually</p>

<p>appropriate and support achievement of personal fitness and activity goals.  10.4.9.D—Analyze factors that affect physical activity preferences of adolescents.  10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.  10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.  10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.  <u><b>Objectives/Assignment</b></u>  Students will engage Ultimate Frisbee activities.  <u><b>Upcoming event</b></u>  None</p>	<p>appropriate and support achievement of personal fitness and activity goals.  10.4.9.D—Analyze factors that affect physical activity preferences of adolescents.  10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.  10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.  10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.  <u><b>Objectives/Assignment</b></u>  Students will engage Ultimate Frisbee activities.  <u><b>Upcoming event</b></u>  None</p>	<p>appropriate and support achievement of personal fitness and activity goals.  10.4.9.D—Analyze factors that affect physical activity preferences of adolescents.  10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.  10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.  10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.  <u><b>Objectives/Assignment</b></u>  Students will engage Ultimate Frisbee activities.  <u><b>Upcoming event</b></u>  None</p>	<p>appropriate and support achievement of personal fitness and activity goals.  10.4.9.D—Analyze factors that affect physical activity preferences of adolescents.  10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.  10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.  10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.  <u><b>Objectives/Assignment</b></u>  Students will engage Ultimate Frisbee activities.  <u><b>Upcoming event</b></u>  None</p>	<p>appropriate and support achievement of personal fitness and activity goals.  10.4.9.D—Analyze factors that affect physical activity preferences of adolescents.  10.4.9.E—Analyze factors that impact the relationship between regular participation in physical activity and motor skill improvement.  10.5.9.A—Describe and apply the components of skill-related fitness to movement performance.  10.5.9.B—Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.  <u><b>Objectives/Assignment</b></u>  Students will engage Ultimate Frisbee activities.  <u><b>Upcoming event</b></u>  None</p>
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