

Monday 2/3	Tuesday	Wednesday	Thursday	Friday
<p><b>Health-9</b> No school</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 and analyze factors that influence the prevention and control of health problems. 10.2.12.A—Evaluate health care products and 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. <b>Objectives</b> Students will be able to explain how self-esteem impacts various components of health; define integrity; describe concerns with low self-esteem; explain how self-respect and values impact self-esteem. <b>Assignment</b> In class—Notes &amp; discussion Take home &amp; return—None <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 and analyze factors that influence the prevention and control of health problems. 10.2.12.A—Evaluate health care products and 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. <b>Objectives</b> Students will be able to describe 3 communication styles; define empathy and active listening; explain how good communication relates to self-esteem and good mental health. <b>Assignment</b> In class—Notes &amp; worksheet Take home &amp; return—None <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 and analyze factors that influence the prevention and control of health problems. 10.2.12.A—Evaluate health care products and 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. <b>Objectives</b> Students will be able to define self-actualization and emotion; identify Maslow and describe the hierarchy of needs. <b>Assignment</b> In class—Notes &amp; discussion Take home &amp; return—None <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 and analyze factors that influence the prevention and control of health problems. 10.2.12.A—Evaluate health care products and 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. <b>Objectives</b> Students will be able to define defense mechanisms; identify specific defense mechanisms and describe how they can look in real life. <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 Standards</b> 10.4.12.A—Evaluate and engage in an individualized physical activity plan that supports</p>		<p><b>PE-11 Standards</b> 10.4.12.A—Evaluate and engage in an individualized physical activity plan that</p>

		<p>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 skills development and improvement.</p> <p>10.5.12.F—Analyze the application of game strategies for different categories of physical activities.</p> <p><b>Objectives/Assignment</b> Students will engage in team handball activities.</p> <p><b>Upcoming event</b> None</p>		<p>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 skills development and improvement.</p> <p>10.5.12.F—Analyze the application of game strategies for different categories of physical activities.</p> <p><b>Objectives/Assignment</b> Students will engage in team handball activities.</p> <p><b>Upcoming event</b> None</p>
<p><b>PE-8</b> No school</p>	<p><b>PE-8 Standards</b> 10.4.9.A—analyze and engage in physical activities that are developmentally/individually appropriate and support</p>	<p><b>PE-8 Standards</b> 10.4.9.A—analyze and engage in physical activities that are developmentally/individually appropriate and support</p>	<p><b>PE-8 Standards</b> 10.4.9.A—analyze and engage in physical activities that are developmentally/individually appropriate and support</p>	<p><b>PE-8 Standards</b> 10.4.9.A—analyze and engage in physical activities that are developmentally/individually appropriate and support</p>

	<p>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.  10.5.9.C—Identify and apply practice strategies for skill improvement.  10.5.9.F—Describe and apply game strategies to complex games and physical activities.  <u><b>Objectives/Assignment</b></u>  Students will engage in team handball activities.  <u><b>Upcoming event</b></u>  None</p>	<p>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.  10.5.9.C—Identify and apply practice strategies for skill improvement.  10.5.9.F—Describe and apply game strategies to complex games and physical activities.  <u><b>Objectives/Assignment</b></u>  Students will engage in team handball activities.  <u><b>Upcoming event</b></u>  None</p>	<p>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.  10.5.9.C—Identify and apply practice strategies for skill improvement.  10.5.9.F—Describe and apply game strategies to complex games and physical activities.  <u><b>Objectives/Assignment</b></u>  Students will engage in team handball activities.  <u><b>Upcoming event</b></u>  None</p>	<p>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.  10.5.9.C—Identify and apply practice strategies for skill improvement.  10.5.9.F—Describe and apply game strategies to complex games and physical activities.  <u><b>Objectives/Assignment</b></u>  Students will engage in team handball activities.  <u><b>Upcoming event</b></u>  None</p>
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