

PE I

Fall 2025

Mr. Itzen

brian.itzen@hpstigers.org

[Class Syllabus](#)

Google Classroom Code(s):

Other teachers who can help me with this class:  
Mrs. Laux (gym) & Mr. Lauters

[Sept 1](#)    [Sept 8](#)    [Sept 15](#)    [Sept 22](#)    [Sept 29](#)    [Oct 6](#)    [Oct 20](#)    [Oct 27](#)  
[Nov 3](#)    [Nov 10](#)    [Nov 17](#)    [Nov 24](#)    [Dec 1](#)    [Dec 8](#)    [Dec 15](#)

Power Essentials and Learning Targets:

| Date                  | Power Essential   | Learning Target  | In-Class  | Assignments  | Activities for Success   |
|-----------------------|---|--|---|--|--|
| Thursday<br>August 14 |   |  |   |  |  |
| Friday<br>August 15   |   |  |   |  |  |
| Monday<br>August 18   | DAY 1<br>Power Essential #5<br>Students will gain an understanding of the | *Introduce Components of Fitness<br>*Fitness Vocab<br>*Set Goals | Warm-up<br>Perform Pre-Fitness Test<br><b>Sit &amp; Reach</b><br><b>Sit-ups</b><br><b>Push-ups</b><br>Pacer | *Review Fitness Zone Standards Chart.<br>*Discuss Fitness Components<br>1.Flexibility<br>2.Cardiovascular Endurance<br>3.Cardiovascular Strength | Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal |

| Date                   | Power Essential & Learning Target  | In-Class Activities  | Assignments & Activities for Success   |   |  |
|------------------------|--|--|--|---|--|
|                        | components of Fitness.   |  | Agility<br>Broad Jump<br>40  | 4.Body Composition<br>5.Agility   | and give good effort.  |
| Tuesday<br>August 19   | DAY 1<br>Power Essential #5<br>Students will gain an understanding of the components of Fitness. | *Introduce Components of Fitness<br>*Fitness Vocab<br>*Set Goals | Warm-up<br>Perform Pre-Fitness Test<br><b>Sit &amp; Reach</b><br><b>Sit-ups</b><br><b>Push-ups</b><br>Pacer<br>Agility<br>Broad Jump<br>40 | *Review Fitness Zone Standards Chart.<br>*Discuss Fitness Components<br>1.Flexibility<br>2.Cardiovascular Endurance<br>3.Cardiovascular Strength<br>4.Body Composition<br>5.Agility | Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort. |
| Wednesday<br>August 20 | DAY 2<br>Power Essential #5<br>Students will gain an understanding of the components of Fitness. | *Introduce Components of Fitness<br>*Fitness Vocab<br>*Set Goals | Warm-up<br>Perform Pre-Fitness Test<br>Sit & Reach<br>Sit-ups<br>Push-ups<br>Pacer<br><b>Agility</b><br><b>Broad Jump</b><br><b>40</b>     | *Review Fitness Zone Standards Chart.<br>*Discuss Fitness Components<br>1.Flexibility<br>2.Cardiovascular Endurance<br>3.Cardiovascular Strength<br>4.Body Composition<br>5.Agility | Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort. |
| Thursday<br>August 21  | DAY 2<br>Power Essential #5<br>Students will gain an understanding of the components of Fitness. | *Introduce Components of Fitness<br>*Fitness Vocab<br>*Set Goals | Warm-up<br>Perform Pre-Fitness Test<br>Sit & Reach<br>Sit-ups<br>Push-ups<br>Pacer<br><b>Agility</b><br><b>Broad Jump</b><br><b>40</b>     | *Review Fitness Zone Standards Chart.<br>*Discuss Fitness Components<br>1.Flexibility<br>2.Cardiovascular Endurance<br>3.Cardiovascular Strength<br>4.Body Composition<br>5.Agility | Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort. |

| Date                   | Power Essential & Learning Target  | In-Class Activities   | Assignments & Activities for Success  |
|------------------------|--|---|---|
| Friday<br>August 22    | DAY 3<br>Power Essential #5<br>Students will gain an understanding of the components of Fitness. | *Introduce Components of Fitness<br>*Fitness Vocab<br>*Set Goals<br><br>Warm-up<br>Perform Pre-Fitness Test<br>Sit & Reach<br>Sit-ups<br>Push-ups<br><b>Pacer</b><br>Agility<br><b>Broad Jump</b><br>40 | *Review Fitness Zone Standards Chart.<br>*Discuss Fitness Components<br>1.Flexibility<br>2.Cardiovascular Endurance<br>3.Cardiovascular Strength<br>4.Body Composition<br>5.Agility<br><br>Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort. |
| Monday<br>August 25    | DAY 3<br>Power Essential #5<br>Students will gain an understanding of the components of Fitness. | *Introduce Components of Fitness<br>*Fitness Vocab<br>*Set Goals<br><br>Warm-up<br>Perform Pre-Fitness Test<br>Sit & Reach<br>Sit-ups<br>Push-ups<br><b>Pacer</b><br>Agility<br><b>Broad Jump</b><br>40 | *Review Fitness Zone Standards Chart.<br>*Discuss Fitness Components<br>1.Flexibility<br>2.Cardiovascular Endurance<br>3.Cardiovascular Strength<br>4.Body Composition<br>5.Agility<br><br>Students will have success if they fall into the Healthy Fitness Zone. HFZ. Students will have success if they work towards their goal and give good effort. |
| Tuesday<br>August 26   | #3<br>Students will be able to differentiate between healthy & unhealthy food choices.           | TSW: explain the effects of processed food on the body.<br><br>Introduction to Physical Activity/Fitness/Sports Nutrition<br><br>Nutrition Pathways   | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>Follow along with class pace and guided questions.<br><br>Respond to teacher questions.   |
| Wednesday<br>August 27 | #3<br>Students will be able to differentiate between healthy & unhealthy food choices.           | TSW: explain the effects of processed food on the body.<br><br>Introduction to Physical Activity/Fitness/Sports Nutrition<br><br>Nutrition Pathways   | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>Follow along with class pace and guided questions.<br><br>Respond to teacher questions.   |
| Thursday               | #3   | TSW: explain the  | Lesson 1 & 2 Review<br><br>Follow along with class  |

| Date                         | Power Essential & Learning Target  | In-Class Activities   | Assignments & Activities for Success   |
|------------------------------|--|---|--|
| <b>August 28</b>             | Students will be able to differentiate between healthy & unhealthy food choices.       | effects of processed food on the body.<br><br>Sport Nutrition Lesson 3  | Check for learning Quiz<br><br>Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>pace and guided questions.<br><br>Respond to teacher questions. |
| <b>Friday August 29</b>      | #3<br>Students will be able to differentiate between healthy & unhealthy food choices. | TSW: explain the effects of processed food on the body.<br><br>Lesson 1 & 2 Review<br>Check for learning Quiz<br><br>Sport Nutrition Lesson 3   | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>Follow along with class pace and guided questions.<br><br>Respond to teacher questions.        |
| <b>Monday September 1</b>    | <b>No School - Labor Day</b>   |   |  |
| <b>Tuesday September 2</b>   | #3<br>Students will be able to differentiate between healthy & unhealthy food choices. | TSW: explain the effects of processed food on the body.<br><br>Sport Nutrition Lesson 3<br><br>Athletic Performance & Nutrition Misinformation Lesson 4<br><br>Review & Check for Learning Quiz | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>Follow along with class pace and guided questions.<br><br>Respond to teacher questions.        |
| <b>Wednesday September 3</b> | #3<br>Students will be able to differentiate between healthy & unhealthy food choices. | TSW: explain the effects of processed food on the body.<br><br>Sport Nutrition Lesson 3<br><br>Athletic Performance & Nutrition Misinformation Lesson 4<br><br>Review & Check for Learning Quiz | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>Follow along with class pace and guided questions.<br><br>Respond to teacher questions.        |
| <b>Thursday September 4</b>  | #3<br>Students will be able to differentiate between healthy & unhealthy food          | TSW: explain the effects of processed food on the body.<br><br>Ergogenic Aids/Dietary Supplements Lesson 5<br><br>Stress Related to Nutrition Lesson 6<br><br>Review For TEST                   | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title.<br><br>Follow along with class pace and guided questions.<br><br>Respond to teacher questions.        |

| Date                              | Power Essential & Learning Target  | In-Class Activities   | Assignments & Activities for Success  |  |   |
|-----------------------------------|--|---|---|--|---|
|                                   | choices.   |   |   |  |   |
| <b>Friday<br/>September 5</b>     | #3<br>Students will be able to differentiate between healthy & unhealthy food choices.         | TSW: explain the effects of processed food on the body.                     | Ergogenic Aids/Dietary Supplements Lesson 5<br><br>Stress Related to Nutrition Lesson 6<br><br>Review For TEST                | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title. | Follow along with class pace and guided questions.<br><br>Respond to teacher questions. |
| <b>Monday<br/>September 8</b>     | #3<br>Students will be able to differentiate between healthy & unhealthy food choices.         | TSW: explain the effects of processed food on the body.                     | Nutrition Review<br><br>Nutrition TEST  | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title. | Follow along with class pace and guided questions.<br><br>Respond to teacher questions. |
| <b>Tuesday<br/>September 9</b>    | #3<br>Students will be able to differentiate between healthy & unhealthy food choices.         | TSW: explain the effects of processed food on the body.                     | Nutrition Review<br><br>Nutrition TEST  | Complete guided notes from slides.<br><br>Extra access on Google Classroom per Lesson title. | Follow along with class pace and guided questions.<br><br>Respond to teacher questions. |
| <b>Wednesday<br/>September 10</b> | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | <ul style="list-style-type: none"> <li>- Mental Health Notes</li> <li>- I AM ME activity</li> <li>- Social Dilemma</li> </ul> | Write Notes<br>Complete I AM ME activity.  | Class Discussion<br>Study Guide   |
| <b>Thursday<br/>September 11</b>  | Power Essential #2 Students will be able to recognize & regulate exposure                      | TSW: be able to identify how social media impacts self-esteem & confidence. | <ul style="list-style-type: none"> <li>- Mental Health Notes</li> <li>- I AM ME activity</li> <li>- Social Dilemma</li> </ul> | Write Notes<br>Complete I AM ME activity.  | Class Discussion<br>Study Guide   |

| Date                              | Power Essential & Learning Target  | In-Class Activities   | Assignments & Activities for Success   |                       |                 |
|-----------------------------------|--|---|--|-----------------------|-----------------|
|                                   | to bad social media.   |   |  |                       |                 |
| <b>Friday<br/>September 12</b>    | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Self Esteem Activity<br><br>Social Dilemma                                     | Video Discussion      | Video Questions |
| <b>Monday<br/>September 15</b>    | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Self Esteem Activity<br><br>Social Dilemma                                     | Video Discussion      | Video Questions |
| <b>Tuesday<br/>September 16</b>   | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to explain how social media tracks & learns from personal use. | Mental Health Coping Strategies<br>-Recognize Stressors<br><br>Review for Test | 5 Stressors Worksheet |                 |
| <b>Wednesday<br/>September 17</b> | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to explain how social media tracks & learns from personal use. | Mental Health Coping Strategies<br>-Recognize Stressors<br><br>Review for Test | 5 Stressors Worksheet |                 |
| <b>Thursday<br/>September 18</b>  | Power Essential #2 Students will   | TSW: be able to identify how social   | Review for Test  |                       |                 |

| Date                      | Power Essential & Learning Target  | In-Class Activities   | Assignments & Activities for Success                                |  |                 |
|---------------------------|--|---|---|--|-----------------|
|                           | be able to recognize & regulate exposure to bad social media.                                  | media impacts self-esteem & confidence.                                     | Social Media/Mental Health Test                                     |  | Video Questions |
| Friday<br>September 19    | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Review for Test<br><br>Social Media/Mental Health Test              |  | Video Questions |
| Monday<br>September 22    | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Guest Speaker<br><br>Digital Health                                 |  | Video Questions |
| Tuesday<br>September 23   | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Guest Speaker<br><br>Digital Health                                 |  | Video Questions |
| Wednesday<br>September 24 | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Guest Speaker<br><br>HIV/AIDS, Healthy Relationships, Communication |  | Video Questions |

| Date                     | Power Essential & Learning Target  | In-Class Activities   | Assignments & Activities for Success                                |  |                 |
|--------------------------|--|---|---|--|-----------------|
| Thursday<br>September 25 | Power Essential #2 Students will be able to recognize & regulate exposure to bad social media. | TSW: be able to identify how social media impacts self-esteem & confidence. | Guest Speaker<br><br>HIV/AIDS, Healthy Relationships, Communication |  | Video Questions |
| Friday<br>September 26   | No School - Professional Development Day   |   |   |  |                 |
| Monday<br>September 29   |  |   |   |  |                 |
| Tuesday<br>September 30  |  |   |   |  |                 |
| Wednesday<br>October 1   |  |   |   |  |                 |
| Thursday<br>October 2    |  |   |   |  |                 |
| Friday<br>October 3      |  |   |   |  |                 |
| Monday<br>October 6      |  |   |   |  |                 |
| Tuesday<br>October 7     |  |   |   |  |                 |
| Wednesday<br>October 8   |  |   |   |  |                 |
| Thursday<br>October 9    |  |   |   |  |                 |
| Friday<br>October 10     |  |   |   |  |                 |



| Date                    | Power Essential & Learning Target |  | In-Class Activities | Assignments & Activities for Success |  |
|-------------------------|-----------------------------------|--|---------------------|--------------------------------------|--|
| Monday<br>October 13    |                                   |  |                     |                                      |  |
| Tuesday<br>October 14   | Pre-ACT Testing Day               |  |                     |                                      |  |
| Wednesday<br>October 15 |                                   |  |                     |                                      |  |
| Thursday<br>October 16  | No School - Teacher Work Day      |  |                     |                                      |  |
| Friday<br>October 17    | No School - PTC Payback Day       |  |                     |                                      |  |
| Monday<br>October 20    |                                   |  |                     |                                      |  |
| Tuesday<br>October 21   |                                   |  |                     |                                      |  |
| Wednesday<br>October 22 |                                   |  |                     |                                      |  |
| Thursday<br>October 23  |                                   |  |                     |                                      |  |
| Friday<br>October 24    |                                   |  |                     |                                      |  |
| Monday<br>October 27    |                                   |  |                     |                                      |  |
| Tuesday<br>October 28   |                                   |  |                     |                                      |  |
| Wednesday<br>October 29 |                                   |  |                     |                                      |  |
| Thursday<br>October 30  |                                   |  |                     |                                      |  |

|                          |                              |  |  |  |  |
|--------------------------|------------------------------|--|--|--|--|
| Friday<br>October 31     | No School - Teacher Work Day |  |  |  |  |
| Monday<br>November 3     |                              |  |  |  |  |
| Tuesday<br>November 4    |                              |  |  |  |  |
| Wednesday<br>November 5  |                              |  |  |  |  |
| Thursday<br>November 6   |                              |  |  |  |  |
| Friday<br>November 7     |                              |  |  |  |  |
| Monday<br>November 10    |                              |  |  |  |  |
| Tuesday<br>November 11   |                              |  |  |  |  |
| Wednesday<br>November 12 |                              |  |  |  |  |
| Thursday<br>November 13  |                              |  |  |  |  |
| Friday<br>November 14    |                              |  |  |  |  |
| Monday<br>November 17    |                              |  |  |  |  |
| Tuesday<br>November 18   |                              |  |  |  |  |
| Wednesday<br>November 19 |                              |  |  |  |  |

| Date                     | Power Essential & Learning Target | In-Class Activities | Assignments & Activities for Success |
|--------------------------|-----------------------------------|---------------------|--------------------------------------|
| Thursday<br>November 20  |                                   |                     |                                      |
| Friday<br>November 21    |                                   |                     |                                      |
| Monday<br>November 24    |                                   |                     |                                      |
| Tuesday<br>November 25   |                                   |                     |                                      |
| Wednesday<br>November 26 | No School - Thanksgiving Break    |                     |                                      |
| Thursday<br>November 27  | No School - Thanksgiving Break    |                     |                                      |
| Friday<br>November 28    | No School - Thanksgiving Break    |                     |                                      |
| Monday<br>December 1     |                                   |                     |                                      |
| Tuesday<br>December 2    |                                   |                     |                                      |
| Wednesday<br>December 3  |                                   |                     |                                      |
| Thursday<br>December 4   |                                   |                     |                                      |
| Friday<br>December 5     |                                   |                     |                                      |
| Monday<br>December 8     |                                   |                     |                                      |
| Tuesday<br>December 9    |                                   |                     |                                      |

|                          |  |  |  |
|--------------------------|--|--|--|
| Wednesday<br>December 10 |  |  |  |
| Thursday<br>December 11  |  |  |  |
| Friday<br>December 12    |  |  |  |
| Monday<br>December 15    |  |  |  |
| Tuesday<br>December 16   |  |  |  |
| Wednesday<br>December 17 |  |  |  |
| Thursday<br>December 18  |  |  |  |
| Friday<br>December 19    |  |  |  |