

Coach Harrison

7th Grade HW Board

Date of Class	Sept.19th-23rd Health (#601)
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm up/Bell Ringers ● Practice Combination Locks ● FITT Formula Projects
Something to Ask your Puma	Why is fitness important in order to live a healthy life? How can we Connect and Learn and Grow?????
Announcements	Meet in Health Room (#601)

Date of Class	Sept.12th-Sept.16th Health (#601)
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Seating Charts ● All About Me Activity (Handout) ● Warm up ● Welnet Pre Assessment ● CRE and Fitt Principles
Something to Ask your Puma	Why is fitness important in order to live a healthy life? How can we Connect and Learn and Grow?????
Announcements	Meet in Health Room (#601)

Date of Class	Sept.6th-Sept.9th PE (GYM)
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Class Agenda	<ul style="list-style-type: none"> ● Attendance (Squad Lines) ● Principal Class Meetings(Expectations) ● All About Me Activity (Handout) ● How to use Combination Locks ● Introduce Locker Rooms and Locks ● Locker Room Rules and Safety
Something to Ask your Puma	Why is All about me important? How can we Connect and Learn and Grow?????
Announcements	Meet in Gymnasium (GYM)

Date of Class	June 6th - June 16th PE (GYM)
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Outside Activities
Something to Ask your Puma	Why is being active good for the body???
Announcements	Meet in Gymnasium (GYM)

Date of Class	May 23rd - June 3rd Health (Room 601)
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Concussions ● Activity Logs #2 (Welnet)

Something to Ask your Puma	What is a concussion? How do you know you have one?
Announcements	Meet in Health (Room 601)

Date of Class	April 25-April 29th Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Five For Life
Something to Ask your Puma	Why is Five for Life so important??
Announcements	Meet in Health Room(601)

Date of Class	April 11- April 22 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Fitness Tesing
Something to Ask your Puma	Why is Fitness so important in life??
Announcements	Meet in Gymnasium

Date of Class	March 31st – Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Finish up any modules needed in Career Investigations (Major Clarity)
Something to Ask your Puma	What are you doing over Spring Break? Are you traveling and where???
Announcements	Meet in Health Room (601) <u>Coming back from break, we are in the GYM</u>

Date of Class	3/21-3/31 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Career Investigations (Major Clarity)
Something to Ask your Puma	What career interests you???
Announcements	Meet in Health Room (601)

Date of Class	3/7-3/18 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Badminton Unit

Something to Ask your Puma	Where did Badminton originate from??
Announcements	Meet in GYM (PE)

Date of Class	2/28-3/4 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up Vaping Ad Campaign Project
Something to Ask your Puma	Why is Vaping the Smoking Fad?
Announcements	Meet in Health (Rm.601)

Date of Class	2/21-2/25 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Everfi Unit (Vaping)
Something to Ask your Puma	Why is Vaping the Smoking Fad?
Announcements	Meet in Health (Rm.601)

Date of Class	2/14 - 2/18 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Dancing Unit (project)

Something to Ask your Puma	Why is Dancing a great form of exercise?
Announcements	Meet in Gymnasium

Date of Class	2/7 - 2/11 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Dancing Unit (line dancing)
Something to Ask your Puma	Why is Dancing a great form of exercise?
Announcements	Meet in Gymnasium

Date of Class	2 /3- 2/4 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Respiratory System Bulletin Board Projects
Something to Ask your Puma	How can people benefit from taking care of their Respiratory System?
Announcements	Meet in Health Rm.(601)

Date of Class	2/1-2/2 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance

	<ul style="list-style-type: none"> ● Warm Up ● Respiratory System Bulletin Board Projects
Something to Ask your Puma	How do humans breathe? Using the Respiratory System.
Announcements	Meet in Health Rm.(601)

Date of Class	1/28-1/31 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Respiratory System
Something to Ask your Puma	What are some key components to the Respiratory System?
Announcements	Meet in Health Rm.(601)

Date of Class	1/26-1/27 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Respiratory System
Something to Ask your Puma	What are some key components to the Respiratory System?
Announcements	Meet in Health Rm.(601)

Date of Class	1/24-1/25 Health
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Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm Up ● Respiratory System
Something to Ask your Puma	What are some key components to the Respiratory System?
Announcements	Meet in Health Rm.(601)

Date of Class	1/21 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Battle Ball/ Floor Hockey
Something to Ask your Puma	What is expected of them daily? Come to class on time and sit in Squad lines.
Announcements	Meet in Gym

Date of Class	1/20 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Students will be working on any missing assignments, Tests, Quizzes, Projects, etc NO NTIs (end of grading period)
Something to Ask your Puma	What is expected of them daily? Come to class on time and sit in Squad lines.
Announcements	Meet in Health Romm (601)

Date of Class	1-12/13-2022 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Stretches, Agilities ● PE indoor Hockey
Something to Ask your Puma	Hope everyone had a great Christmas break, Explain why or why not.
Announcements	Meet in GYM

Date of Class	1-10/11-2022 PE
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Stretches, Agilities ● PE indoor Hockey
Something to Ask your Puma	Hope everyone had a great Christmas break, Explain why or why not.
Announcements	Meet in GYM

Date of Class	1-6/7-2022 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Counselor Scheduling
Something to Ask your Puma	Hope everyone had a great Christmas break, Explain why or why not.
Announcements	Meet in Auditorium

Date of Class	12/17 Health
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Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Continuing project
Something to Ask your Puma	Is there a recommended amount of sugar you should eat everyday? Explain why or why not.
Announcements	

Date of Class	12/15-12/16 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Continuing project
Something to Ask your Puma	Is there a recommended amount of sugar you should eat everyday? Explain why or why not.
Announcements	

Date of Class	12/13-12/14 Health
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Continuing project
Something to Ask your Puma	Is there a recommended amount of sugar you should eat everyday? Explain why or why not.
Announcements	

Date of Class	12/9-12/10 Gym
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Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Volleyball skills and drills
Something to Ask your Puma	What are the two types of passes we worked on in class today? WHY is it important to make good passes to your teammates?
Announcements	

Date of Class	12/6-12/7 Gym
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Basketball/Volleyball skills and drills
Something to Ask your Puma	How many points is a shot worth when shot inside the area called the paint? What about a free throw? Do you think there should be a 4 point shot? Explain
Announcements	

Date of Class	11/29-11/30 Gym
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Basketball/Volleyball skills and drills
Something to Ask your Puma	Why is it important to work on ball handling? What could happen if you have bad ball handling skills?
Announcements	

Date of Class	11/19 Meeting in room 601
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Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Meal Swap Project
Something to Ask your Puma	Is it possible to look up information about fast food meals and why is it important to do so?
Announcements	Have a great Thanksgiving Break!

Date of Class	11/19 Meeting in Room 601
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Nutrition
Something to Ask your Puma	What is the difference between a micro-nutrient and a macro-nutrient? Examples
Announcements	We are in Health this week

Date of Class	11/17-11/18 Meeting in the Auditorium for counseling lessons
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Counseling lessons ● Warm-up ● Nutrition, MyPlate Booklet
Something to Ask your Puma	What are the appropriate servings for each food group?
Announcements	We are in Health this week

Date of Class	11/15-11/16 Meeting in room 601
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Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Nutrition cont ●
Something to Ask your Puma	Why is it important to consume the appropriate servings for each food group?
Announcements	We are in Health this week go to room 601

Date of Class	11/10-11/11 Meeting in the GYM
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Ultimate Frisbee
Something to Ask your Puma	What activities have we played that follow the similar rules of ultimate frisbee? What are some of the differences?
Announcements	We are in PE this week

Date of Class	11/8-11/9 Meeting in the GYM
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Ultimate Frisbee
Something to Ask your Puma	How many steps are you allowed to take in ultimate frisbee? What do we often call these steps? What should the people who do not have the frisbee be doing?
Announcements	We are in PE this week

Date of Class	11/1-11/2 Meeting in the GYM
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Ultimate Frisbee
Something to Ask your Puma	What are the two most common types of throws that can be completed in ultimate frisbee? Which is easier? How can both be used in a game?
Announcements	We are in PE this week

Date of Class	10/28-10/29 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● EverFI ● NTI's
Something to Ask your Puma	What are some positive/appropriate ways for resolving conflict? What are some negative ways to resolve conflict? Which works out better in the end and explain why
Announcements	We are in PE next week!

Date of Class	10/26-10/27 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up ● Counselor lesson ● EverFI (If time allows)
Something to Ask your Puma	Why is time management such an important skill to learn and develop? What is the difference between good time management and bad time

management?

Announcements

Parent Teacher Conferences are available for scheduling for all classes

Date of Class

10/22-10/25 Meeting in the Auditorium

Class Agenda

- Attendance
- Warm-up
- FITT Formula Project
- EverFi

Something to Ask your Puma

How does social media influence us and our peers? Explain why

Announcements

Parent Teacher Conferences are available for scheduling for all classes

Date of Class

10/20-10/21 Meeting in the Auditorium

Class Agenda

- Attendance
- Warm-up
- FITT Formula Project
- EverFi

Something to Ask your Puma

Which is more important: having a healthy diet or making sure to exercise regularly? Explain

Announcements

Parent Teacher Conferences are available for scheduling for all classes

Date of Class

10/18-10/19 Meeting in the Auditorium

Class Agenda

- Attendance

	<ul style="list-style-type: none"> ● Warm-up ● FITT Formula Project
Something to Ask your Puma	What is the difference between Muscular strength and muscular endurance? How does one benefit the other?
Announcements	Parent Teacher Conferences are available for scheduling for all classes

Date of Class	10/8-10/12 Meeting in the Gym
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up activity/exercises ● Rainy day activity/Flag Football
Something to Ask your Puma	What are the differences between a forward pass and a backwards pass?
Announcements	No School Monday 10/11

Date of Class	10/6-10/7 Meeting in the Gym
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up activity/exercises ● Make-up Fitness Testing ● Rainy day activity/Flag Football
Something to Ask your Puma	What are at least 3 rules that are important for playing flag football? If we were to modify these rules, what effect would this have on the game?
Announcements	

Date of Class	10/4-10/5 Meeting in the Gym
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Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Warm-up activity/exercises ● Make-up Fitness Testing ● Rainy day activity/ Flag Football
Something to Ask your Puma	Since it was so nice out this weekend, what activities did you do outside or what activities did you want to do? What was your favorite? Explain
Announcements	

Date of Class	9/30-10/1 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● FITT Project
Something to Ask your Puma	Why is helpful to set SMART goals before creating a workout using the FITT principle
Announcements	

Date of Class	9/28-9/29 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● FITT principle review sheet and open notes review quiz
Something to Ask your Puma	How can the FITT principle be utilized for athletes?
Announcements	Picture day is Monday the 27th and Tuesday the 28th

Date of Class	9/24-9/27 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Pre-assessment

	<ul style="list-style-type: none"> FITT principle
Something to Ask your Puma	What does FITT stand for and how does it help us achieve our fitness goals?
Announcements	Picture day is Monday the 27th and Tuesday the 28th

Date of Class	9/22-9/23 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> Attendance Counselor Presentation
Something to Ask your Puma	What did your counselor talk to your class about today? Why was the information they provided important for you to know?
Announcements	Please make sure to review the syllabus at home and complete the google form link at the bottom.

Date of Class	9/20-9/21 Meeting in the Auditorium
Class Agenda	<ul style="list-style-type: none"> Attendance Assign seats Pre-cognitive assessment SMART goals
Something to Ask your Puma	What are SMART goals? How can the SMART goal format be used for your everyday goals?
Announcements	Please make sure to review the syllabus at home and complete the google form link at the bottom.

Date of Class	9/15-9/17 Meeting in the gym
Class Agenda	<ul style="list-style-type: none"> Attendance

	<ul style="list-style-type: none"> ● Squad lines ● Pre-fitness testing ● Tuesday and Wednesday Grade level Admin and Counselors meeting with classes
Something to Ask your Puma	Why is it important to know how to find your pulse? Why should you be able to identify an appropriate heart-rate for resting, exercising and recovery?
Announcements	Please make sure to review the syllabus at home and complete the google form link at the bottom.

Date of Class	9/13-9/14 Meeting in the gym
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Squad lines ● Pre-fitness testing
Something to Ask your Puma	What exercises can you do to help improve your plank score and explain why those exercises would be beneficial.
Announcements	Please make sure to review the syllabus at home and complete the google form link at the bottom.

Date of Class	9/9-9/10 Meeting in the gym
Class Agenda	<ul style="list-style-type: none"> ● Attendance ● Squad lines ● Rules and expectations for PE class ● Pre-fitness testing
Something to Ask your Puma	Which pre-fitness test was the most challenging for you? What can you do to help improve on that fitness test?

Announcements	Please make sure to review the syllabus at home and complete the google form link at the bottom.
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Date of Class	9/8 Meeting in the gym
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Class Agenda	<ul style="list-style-type: none">● Attendance● Squad lines● Rules and expectations for PE class● Go over syllabus
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Something to Ask your Puma	What are you most looking forward to this year in Health and PE?
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Announcements	Please make sure to review syllabus at home and complete the google form link at the bottom.
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