



Welcome to Mr. Spicer's

Period 3/5 Health & PE 6 Class!

On this page you will find our daily agenda and to-dos. All assignments/lessons are in Schoology, there is a path for you to follow to find each of them. This board is set up with the most recent date at the top. If you miss a day of school, please reference this page to see what you have missed. If you have any questions, send me a message through Schoology or email me at waspicer@henrico.k12.va.us. Looking forward to working with you this year!

[Back to School Night Video](#)

Date: 4/10/2023 - 4/14/2023		
What are we learning today? Importance of Sleep, Welnet Post-Assessment Why are we learning it? To review and make decisions for healthy meal planning, grocery shopping, importance of sleep - how to improve and why How will we know we've learned it (Success Criteria)? Improvement on Post-Assessment		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Bell Ringer	
I/C	2. BrainPop - Sleep Movie + Quiz	
I/C	3. Sleep Information / PowerPoint	
I/C	4. Sleep Brochure Project	
I/C	5. 6th Grade Kahoot / Blooket Review	
C	6. Welnet Post-Assessment	
Announcements/Assessments: <u>We will be in the gym for PE the next 2 weeks. Make sure to bring your uniform and tennis shoes</u>		

Date: 3/27/2023 - 3/31/2023		
What are we learning today? EverFi Units - Healthier Me: Middle School Why are we learning it? To review and make decisions for healthy meal planning, grocery shopping How will we know we've learned it (Success Criteria)? Completion of EverFit Unit		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	7. Meals	
I/C	8. Grocery Shopping / Planning	
I/C	9. BrainPop - Sleep Movie + Quiz	
I/C	10. Makeup work	
Announcements/Assessments: <u>We will be in room 2814 for Health this week and the week after spring break</u> <u>Bring a folder or section of binder for your Health class (and pencil/pen)</u>		

Date: 3/13/2023 - 3/24/2023		
What are we learning today? Fitness Testing - Post Test Why are we learning it? To understand the purpose of fitness tests, which area(s) of fitness they address, and how to improve that area of fitness. How will we know we've learned it (Success Criteria)? Completion of testing / Improvement		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Warmup	
I/C	2. Sit and Reach	

I/C	3. Trunk Lift	
I/C	4. Push-Ups	
I/C	5. Curl-Ups	
I/C	6. Pacer	
I/C	7. Makeup Testing	
Announcements/Assessments: • <u>We will be in room 2814 for Health next week!</u> • <u>Bring a folder or section of binder for your Health class (and pencil/pen)</u>		

Date: 2/27/2023 - 3/10/2023		
What are we learning today? Body Systems - Skeletal and Mucular Systems Why are we learning it? Gain understanding of what our bodies do and how different body systems work together in a complex, sophisticated way, understand importance of different parts of our body How will we know we've learned it (Success Criteria)? Discussion, Notes, BrainPop, Diagrams		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Skeletal System Diagram	
I/C	2. Nearpod - Skeletal System	
I/C	3. BrainPop - Skeleton Movie + Quiz	
I/C	4. Muscular System Diagram	
I/C	5. BrainPop - Muscles Movie + Quiz	
I/C	6. Skeletal System - Notes + Game	
I/C	7. Skeletal System - Review + Gimkit (5th period only)	
Announcements/Assessments: • <u>We will be meeting in room 2814 this week for health.</u> • <u>We will be meeting in the gym for PE next week - bring your uniform and tennis shoes!</u>		

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Date: 2/13/2023 - 2/24/2023		
What are we learning today? Floor Hockey Skills, Rules, Gameplay Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, communication, teamwork How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team, skills assessment/observation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Warmup	
I/C	2. Hockey "Gaga" Ball	
I/C	3. Full Gameplay w/ Substitutions & Rotations	
	4.	
	5.	
Announcements/Assessments: <u>We will be meeting in the gym this week for PE.</u>		

Date: 2/7/2023 - 2/10/2023		
What are we learning today? Nutrition Why are we learning it? Relevant to everyone now and in future, being educated on this topic allows for ability to make informed choices How will we know we've learned it (Success Criteria)? Discussion, Notes, Project		

Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. A Tale of Two Foods - Assignment	Friday (2/10)
	2.	
	3.	
	4.	
	5.	
Announcements/Assessments: • <u>We will be meeting in room 2814 this week for health.</u> • <u>Next week, we will be meeting in the Gym for PE. Bring your tennis shoes and uniform!</u>		

Date: 2/3/2023 - 2/6/2023		
What are we learning today? Nutrition Why are we learning it? Relevant to everyone now and in future, being educated on this topic allows for ability to make informed choices How will we know we've learned it (Success Criteria)? Discussion, Notes, Project		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Blooket - Nutrition (Macro/Micronutrients) and Nutrition Labels	
I/C	2. Newsela Article (Read together as class, then do Writing Prompt and Quiz)	
C	3. BrainPop - Nutrition (Movie, Challenge, Quiz-graded)	
	4.	

	5.	
Announcements/Assessments: • <u>We will be meeting in room 2814 this week for health.</u> • <u>Next week, we will be meeting in the Gym for PE. Bring your tennis shoes and uniform!</u>		

Date: 2/1/2023 - 2/2/2023		
What are we learning today? Nutrition Why are we learning it? Relevant to everyone now and in future, being educated on this topic allows for ability to make informed choices How will we know we've learned it (Success Criteria)? Discussion, Notes, Project		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Bell Ringer	
I/C	2. Nearpod - Food / Nutrition Labels	
	3.	
	4.	
	5.	
Announcements/Assessments: • <u>We will be meeting in room 2814 this week and next week for health.</u>		

Date: 1/30/2023 - 1/31/2023

What are we learning today? Nutrition Why are we learning it? Relevant to everyone now and in future, being educated on this topic allows for ability to make informed choices How will we know we've learned it (Success Criteria)? Discussion, Notes, Project		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Nutrition Log Assignment	
I/C	2. Finalize MP2 Work	
	3.	
	4.	
	5.	
Announcements/Assessments: <u>We will be meeting in room 2814 this week and next week for health.</u>		

Date: 1/20/2023 - 1/27/2023		
What are we learning today? Basketball Skills, Rules, Gameplay Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, communication, teamwork How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team, skills assessment/observation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Warmup	
I/C	2. Basketball Skills Warmup	

I/C	3. Differentiated Gameplay / Student Choice	
	4.	
	5.	
Announcements/Assessments: ● <u>We will be meeting in the gym for PE next week.</u> ● <u>Bring your PE UNIFORM AND TENNIS SHOES!</u>		

Date: 1/16/2023 - 1/19/2023		
What are we learning today? Basketball Skills, Rules, Gameplay Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, communication, teamwork How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team, skills assessment/observation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Warmup	
I/C	2. Partner Ball Handling / Dribbling Review	
I/C	3. Passing/Shooting Instruction	
I/C	4. Jump Shot Competition / Hot Shots	
	5.	
Announcements/Assessments: ● <u>We will be meeting in the gym for PE next week.</u> ● <u>Bring your PE UNIFORM AND TENNIS SHOES!</u>		

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Date: 1/10/2023 - 1/13/2023

What are we learning today? Career Exploration, Finishing Fitness Project

Why are we learning it? Understanding there are many different types of careers and what types of education each require, what those careers/jobs entail, etc.

How will we know we've learned it (Success Criteria)? Completion of Project and Career Exploration

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I/C	1. Career Path and Occupations Worksheet #1	
I/C	2. Finish - 5 Components of Fitness Project (quiz grade)	
I/C	3. Career Path and Occupations Worksheet #2	
	4.	
	5.	

Announcements/Assessments:

- We will be meeting in the gym for PE next week.
- Bring your PE UNIFORM AND TENNIS SHOES!

Date: 1/4/2023 - 1/9/2023

What are we learning today? Career Exploration, Counselor Lesson

Why are we learning it? Understanding there are many different types of careers and what types of education each require, what those careers/jobs entail, etc.

How will we know we've learned it (Success Criteria)? Participation in Counselor Lesson

Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Bell Ringer	
I/C	2. Introduction to Project - 5 Components of Fitness	
I/C	3. Counselor Lesson	
	4.	
	5.	
Announcements/Assessments: <u>We will be meeting in the room 2814 for Health this week and next week.</u>		

Date: 1/2/2023 - 1/3/2023		
What are we learning today? SMART Goals, Career Exploration Why are we learning it? Goal setting is an extremely important and relevant life skill, and it is most helpful to understand how to set appropriate and specific goals, as well as how to set out to work towards them and reach them How will we know we've learned it (Success Criteria)? Discussion Board, Assignment		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Bell Ringer	
I/C	2. SMART Goals assignment	
I/C	3. "SMART Goal - FITT Principle" - Discussion Board	
H	4. Record for one day: a. Time you wake up b. Time you go to sleep	

	c. Activities / Exercise d. How long you spent doing each activity / exercise	
Announcements/Assessments: • Complete your homework assignment for Tues/Wed (above) • <u>We will be meeting in the room 2814 for Health this week and next week.</u>		

Date: 12/9/2022 - 12/16/2022		
What are we learning today? Volleyball Skills, Rules, Rotations, Gameplay Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, communication, teamwork How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team, skills assessment/observation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Warmup	
I/C	2. Volleyball Review a. Underhand Serve b. Rules c. Rotations d. Move and Communicate	
I/C	3. Volleyball Gameplay	
	4.	
Announcements/Assessments: • <u>We will be meeting in the gym for PE this week.</u>		

- We will be in room 2814 for Health when we return from winter break.

Date: 12/5/2022 - 12/8/2022

What are we learning today? Volleyball Skills, Rules, Rotations

Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, communication, teamwork

How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team, skills assessment/observation

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I/C	1. Warmup	
I/C	2. Volleyball Skills w/ Partner (or small group) a. Forearm Pass b. Overhead Pass	
I/C	3. Rules + Rotation Practice	
	4.	

Announcements/Assessments:

- We will be meeting in the gym for PE this week and next week.

Date: 11/30/2022 - 12/2/2022

What are we learning today? 5 Components of Fitness, FITT Principle, SMART Goals

Why are we learning it? Understand how we can improve or impact different parts of our physical health, it is relevant to us and our friends/family all the time

How will we know we've learned it (Success Criteria)? Discussion, Notes		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Check Notes (Five Components of Fitness + FITT Principle)	
I/C	2. BrainPop - Setting Goals Challenge + Quiz	
I/C	3. SMART Goals assignment	
	4.	
Announcements/Assessments: <u>We will be meeting in the gym for PE the next two weeks.</u>		

Date: 11/28/2022 - 11/29/2022		
What are we learning today? 5 Components of Fitness, FITT Principle, SMART Goals Why are we learning it? Understand how we can improve or impact different parts of our physical health, it is relevant to us and our friends/family all the time How will we know we've learned it (Success Criteria)? Discussion, Notes		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Bell Ringer	
I/C	2. Five Components of Fitness + FITT Principle Notes / Discussion	
I/C	3. Blooket	
	4.	

Announcements/Assessments:

- We will be meeting in room 2814 for Health this week and next week

Date: 11/21/2022 - 11/22/2022**What are we learning today?** 5 Components of Fitness, FITT Principle, SMART Goals**Why are we learning it?** Understand how we can improve or impact different parts of our physical health, it is relevant to us and our friends/family all the time**How will we know we've learned it (Success Criteria)?** Discussion, BrainPop, Notes**Agenda:****I= Instructional Materials** (Presentations, Articles, Websites, etc.)**C= Class Work** (Done in class with teacher/student feedback)**H= Homework Activity** (Done Independently)**Comments/Due Date**

I/C

1. Bell Ringer

I/C

2. Intro / Refresher Video + Discussion Board Post

I/C

3. BrainPop - Fitness - Movie + Challenge + Quiz

a. Quiz is graded for accuracy

C

4. Thank You (not in Schoology)

Announcements/Assessments:

- We will be meeting in room 2814 for Health this week and next week

HAPPY THANKSGIVING!!**GO COWBOYS!!****Date:** 11/14/2022 - 11/18/2022

What are we learning today? Badminton

Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, teamwork

How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I/C	1. Warmup	
I/C	2. Gameplay w/ Rules, Serves, Rotations	
	3.	

Announcements/Assessments:

- We will be meeting in the gym for PE this week
- We will be meeting in room 2814 for Health next week (starting on 11/21 or 11/22)

Date: 11/7/2022 - 11/11/2022

What are we learning today? Badminton

Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, teamwork

How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I/C	1. Warmup	
I/C	2. Partner Serve and Catch	
I/C	3. Partner Serve and Rally	
I/C	4. Gameplay w/ Rotations / Subs	

	5.	
Announcements/Assessments: <u>We will be meeting in the gym for PE this week and next week</u>		

Date: 10/31/2022 - 11/4/2022		
What are we learning today? Bullying and Kindness Why are we learning it? Understand how to recognize & prevent bullying and to promote kindness How will we know we've learned it (Success Criteria)? Discussion, reading, participation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
C	1. Newsela Article + Writing + Quiz	
I/C	2. Review / Check Bullying Notes	
I/C	3. Circles of Support	
I/C	4. Blooket	
C	5. BrainPop - Bullying - Movie + Quiz + Challenge (graded)	
C	6. Design Anti-Bullying T-Shirt	
H	7. Study for Bullying Quiz	Bullying Quiz on Thursday / Friday (11/3 or 11/4)
Announcements/Assessments: <u>We will be meeting in room 2814 for Health this week</u>		

Date: 10/27/2022 - 10/28/2022

What are we learning today? Bullying and Kindness Why are we learning it? Understand how to recognize & prevent bullying and to promote kindness How will we know we've learned it (Success Criteria)? Discussion, reading, participation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Bullying Notes / Presentation	
I/C	2. Circles of Support	
I/C	3.	
	4.	
	5.	
Announcements/Assessments: <u>We will be meeting in room 2814 for Health this week</u>		

Date: 10/25/2022 - 10/26/2022		
What are we learning today? Bullying and Kindness Why are we learning it? Understand how to recognize & prevent bullying and to promote kindness How will we know we've learned it (Success Criteria)? Discussion, reading, participation		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	6. Bell Ringer	
I/C	7. Nearpod - Bullying	
I/C	8.	

I/C	9.	
I/C	10.	
Announcements/Assessments: <u>We will be meeting in room 2814 for Health this week and next week</u>		

Date: 10/20/2022 - 10/21/2022		
What are we learning today? Ultimate Frisbee Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, teamwork How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Warmup	
I/C	2. Ultimate Frisbee Gameplay	
I/C	3.	
I/C	4.	
I/C	5.	
Announcements/Assessments: <u>We will be meeting in room 2814 for Health this week</u>		

Date: 10/14/2022 - 10/19/2022		
What are we learning today? Ultimate Frisbee Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, teamwork		

How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I/C	1. Make-Up Fitness Test	
I/C	2. Warmup	
I/C	3. Throwing and Catching w/ partners	
I/C	4. Picture Day	
I/C	5. Ultimate Frisbee Gameplay	

Announcements/Assessments:

- **Picture Day on Monday/Tuesday**
- **We will be meeting in the gym for PE this week**
- **Wear tennis shoes**
- **If you did not purchase a uniform, you MUST bring change of clothes for PE - it MUST be gray shirt AND athletic shorts/pants with NO pockets**
- Purchase PE Uniform (recommended, optional)

Date: 10/10/2022 - 10/13/2022

What are we learning today? Ultimate Frisbee + Uniform Distribution

Why are we learning it? Gain skills and understanding of gameplay, sportsmanship, teamwork

How will we know we've learned it (Success Criteria)? Participation, collaborating with groups/team

Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Uniform Distribution	
I/C	2. Warmup	
I/C	3. Throwing and Catching w/ partners	
I/C	4. Lead up Activities (defense-offense & offensive movements)	
I/C	5. Make-Up Fitness Tests	
Announcements/Assessments: ● <u>Picture Day on Monday/Tuesday</u> ● <u>We will be meeting in the gym for PE this week and next week!</u> ● <u>Wear tennis shoes</u> ● <u>We will distribute uniforms this week!</u> ● <u>If you did not purchase a uniform, you MUST bring change of clothes for PE - it MUST be gray shirt AND athletic shorts/pants with NO pockets</u> ● Purchase PE Uniform (recommended, optional)		

Date: 10/4/2022 - 10/7/2022
What are we learning today? Golf Swing / Grip Practice Why are we learning it? Learn appropriate form & skills, play safely and rules of play/etiquette, skills to build on for later (fun or competitive) How will we know we've learned it (Success Criteria)? More hits each class

Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Golf Practice Outdoors	
	2.	
	3.	
Announcements/Assessments: • <u>We will be meeting in the gym for PE next week!</u> • <u>Wear tennis shoes</u> • <u>We will distribute uniforms this week!</u> • <u>If you did not purchase a uniform, you MUST bring change of clothes for PE - it MUST be gray shirt AND athletic shorts/pants with NO pockets</u> • Purchase PE Uniform (recommended, optional)		

Date: 9/30/2022 - 10/3/2022		
What are we learning today? Counselor Lesson, Golf Rules Why are we learning it? Getting to know counselor, how/what/why to utilize their services How will we know we've learned it (Success Criteria)? Needs Assessment Completion, Q&A		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I/C	1. Counselor Lesson	
I/C	2. Golf Rules Video	
I/C	3. Blooket	
	4.	

	5.	
Announcements/Assessments: ● <u>We will be meeting in room 2814 for Health this week!</u> ● <u>We will be meeting in the gym for PE next week (week of 10/10)!</u> ● Bring a folder or section of binder for your Health class (and pencil/pen) ● Wear Tennis Shoes (for golf outside) ● Purchase PE Uniform (recommended, optional)		

Date: 9/28/2022 - 9/29/2022		
What are we learning today? Golf Grip & Swing and Golf Safety Why are we learning it? Learn appropriate form & skills, play safely and rules of play/etiquette How will we know we've learned it (Success Criteria)? Discussion Board Post + Practice → Improvement		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I	6. Welnet Pre-Assessment Make-ups (for anyone absent)	
I/C	7. Golf Grip & Swing (notes / videos)	
I/C	8. Discussion Board Post	
I/C	9. Grip + Swing Cues Indoors	
I/C	10. Practice Golf Swing - Outdoors	
Announcements/Assessments: ● <u>We will be meeting in room 2814 for Health this week and next week!</u> ● Bring a folder or section of binder for your Health class (and pencil/pen) ● Wear Tennis Shoes (for golf outside)		

- Purchase PE Uniform (recommended, optional)

Date: 9/26/2022 - 9/27/2022

What are we learning today? Health Classroom Procedures / Expectations, Pre-Assessment
Why are we learning it? To set foundation for safe, successful, and enjoyable health learning environment, to see where our knowledge / experience is with certain material
How will we know we've learned it (Success Criteria)? Demonstrating understanding of procedures and expectations, completing pre-assessment

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I	1. Seating / Attendance	
I/C	2. Classroom Procedures	
I/C	3. Welnet Pre-Assessment	
I/C	4. Intro Activity - Would You Rather	
	5.	

Announcements/Assessments:

- **We will be meeting in room 2814 for Health this week and next week!**
- **Bring a folder or section of binder for your Health class (and pencil/pen)**
- **Wear Tennis Shoes (for golf outside)**
- Purchase PE Uniform (recommended, optional)

Date: 9/16/2022 - 9/23/2022

What are we learning today? Fitness Testing / Unit

Why are we learning it? To understand the purpose of fitness tests, which area(s) of fitness they address, and how to improve that area of fitness.

How will we know we've learned it (Success Criteria)? Completion of testing

Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I	1. Attendance / Squad Lines	
I/C	2. Warmup	
I/C	3. Trunk Lift	
I/C	4. Push-Ups	
I/C	5. Curl-Ups	
I/C	6. Pacer	
Announcements/Assessments: • <u>We will be in room 2814 for Health next week!</u> • <u>Bring a folder or section of binder for your Health class (and pencil/pen)</u> • Purchase PE Uniform (recommended, optional)		

Date: 9/14/2022 - 9/15/2022		
What are we learning today? Fitness Testing / Unit Why are we learning it? To understand the purpose of fitness tests, which area(s) of fitness they address, and how to improve that area of fitness. How will we know we've learned it (Success Criteria)? Completion of testing		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I	1. Attendance / Squad Lines	
I/C	2. Warmup	
I/C	3. Sit and Reach	
	4.	
Announcements/Assessments: • <u>We will be in the gym for PE next week!</u>		

- **Bring change of clothes for PE - gray shirt, shorts with NO pockets, tennis shoes**
- Purchase PE Uniform (recommended, optional)

Date: 9/12/2022 - 9/13/2022

What are we learning today? Locker Room / Loaner Uniform + Warmup

Why are we learning it? To understand the class routine and expectations, so we can have a successful & safe year of learning and fun, be able to quickly get in and out of locker rooms

How will we know we've learned it (Success Criteria)? Seeing improvement and efficiency in next 2-3 classes/weeks

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I	1. Attendance / Squad Lines	
I/C	2. Loaner Uniforms	
I/C	3. Locker Room Change / Practice	
I/C	4. Warmup	

Announcements/Assessments:

- **We will be in the gym for PE the next 2 weeks!**
- **Bring change of clothes for PE - gray shirt, shorts with NO pockets, tennis shoes**
- Purchase PE Uniform (recommended, optional)

Date: 9/8/2022 - 9/9/2022

What are we learning today? Uniform Sizing, Locker Room Routine and Practice

Why are we learning it? To understand the class routine and expectations, so we can have a successful & safe year of learning and fun, be able to quickly get in and out of locker rooms

How will we know we've learned it (Success Criteria)? Seeing improvement and efficiency in next 2-3 classes/weeks

Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I	1. Attendance / Squad Lines	
I/C	2. Locker Room Practice	
I/C	3. Uniform Sizing	
	4.	
Announcements/Assessments: ● <u>We will be in the gym for PE the next 2 weeks!</u> ● <u>Bring change of clothes for PE - gray shirt, shorts with NO pockets, tennis shoes</u> ● Purchase PE Uniform (recommended, optional)		

Date: 9/6/2022 - 9/7/2022		
What are we learning today? Review PE Expectations and Procedures, Safety Protocols, Lock/Locker Distribution Why are we learning it? To understand the class routine and expectations, so we can have a successful & safe year of learning and fun, be able to quickly get in and out of locker rooms How will we know we've learned it (Success Criteria)? Seeing improvement and efficiency in next 2-3 classes/weeks		
Agenda: I= Instructional Materials (Presentations, Articles, Websites, etc.) C= Class Work (Done in class with teacher/student feedback) H= Homework Activity (Done Independently)		Comments/Due Date
I	1. Attendance / Squad Lines	
I/C	2. Lock Distribution / Practice	
I/C	3. Locker Room Practice	
	4.	
Announcements/Assessments:		

- **Bring change of clothes for PE - gray shirt, shorts with NO pockets, tennis shoes**
- Purchase PE Uniform (recommended, optional)

Date: 8/31/2022 - 9/1/2022

What are we learning today? PE Expectations and Procedures, Safety Protocols

Why are we learning it? To understand the class routine and expectations, so we can have a successful & safe year of learning and fun

How will we know we've learned it (Success Criteria)? Seeing improvement and efficiency in next 2-3 classes/weeks

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

I	1. Attendance / Squad Lines	
I/C	2. Safety Drills/Procedures a. Fire drill b. Tornado c. Earthquake d. Lock and teach e. Lock and hide	
I	3. Syllabus / Class Expectations & Procedures / Go Over Health & PE Rotations	
	4.	

Announcements/Assessments:

- **Bring change of clothes for PE - gray shirt, shorts with NO pockets, tennis shoes**
- Purchase PE Uniform (recommended, optional)

Date: 8/29/2022 - 8/30/2022

What are we learning today? PE Expectations and Procedures, Safety Protocols

Why are we learning it? To understand the class routine and expectations, so we can have a successful & safe year of learning and fun

How will we know we've learned it (Success Criteria)? Seeing improvement and efficiency in next 2-3 classes/weeks

Agenda:

I= Instructional Materials (Presentations, Articles, Websites, etc.)

C= Class Work (Done in class with teacher/student feedback)

H= Homework Activity (Done Independently)

Comments/Due Date

- | | | |
|-----|--|--|
| I | 1. Attendance / Squad Lines | |
| I | 2. Students show teacher locker #, locker combo, bus #, lunch #
a. Make sure they know their bus # (or other mode of transportation home) - Period 3 | |
| I/C | 3. Safety Drills/Procedures
a. Fire drill
b. Tornado
c. Earthquake
d. Lock and teach
e. Lock and hide | |
| I | 4. Syllabus / Class Expectations & Procedures / Go Over Health & PE Rotations | |
| | 5. | |

Announcements/Assessments:

- **Bring change of clothes for PE - gray shirt, shorts with NO pockets, tennis shoes**
- Purchase PE Uniform (recommended, optional)