



Week: March 22-April 2

Subject: 8th Grade Health Education

SOL(s): 7.1

- 1.** What: Nervous System and brain
- 2.** Why: to understand the functions and responsibilities of the brain/nervous system
- 3.** How: Complete the Google form with 80% accuracy

Monday/Tuesday

Learning Activity- Google Slide presentation, video, discussion, Q & A

Assignment- Google Slides Assignments in GC

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 7.1

- 1.** What: Nervous Systems and brain disorders
- 2.** Why: Understand the how the brain and the CNS, PNS work together
- 3.** How: Complete the Google Forms with 80% accuracy

Thursday/Friday

Learning Activity- Google Slide presentation, video, discussion, Q & A

Assignment- Google Forms



Week of: 1/25-2/5

Subject: 8th Grade Health Education

SOL(s): 8.3

- 1.** Nutrition: My Plate
- 2.** Why: To understand how to eat properly using the website www.choosemyplate.gov
- 3.** How: Complete the "What's My Plan" worksheet with 100% accuracy

Monday/Tuesday

Learning Activity- Powerpoint presentation, discussions, www.choosemyplate.gov

Assignment- Using the myplate site, create a personalized eating plan. Compare that plan to what you currently eat

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 8.3

- 1.** What: Nutrition: Food Safety
- 2.** Why: To understand reliable sources and way to keep yourself safe with food
- 3.** How: Complete the FAD diet worksheet with 100% accuracy

Thursday/Friday

Learning Activity- Slides presentation, discussions, explore reliable/not reliable sources

Assignment- Pick one FAD diet to research. Answer the questions on the worksheet.

Week of: Nov 30

Subject: Health Education

SOL(s): 8.1

- 1. What am I learning? Substance Abuse Prevention**
- 2. Why am I learning this? To identify and explain essential health concepts related to Substance Abuse**
- 3. How will I know I've learned it? Complete the notes review sheet with 100% accuracy**

Monday/Tuesday

Learning Activity- Mind Maps 1-4, Signs & Symptoms, Impact on Relationships, Teen use, Table Talks 26-30

Assignment- Starter Assignment on Vocabulary words. Options: Flash Cards, Post it! Or Sentence Sleuth

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 8.1 McCready/Downing/Recore/Williams

- 1. What am I learning? Substance Abuse Prevention**
- 2. Why am I learning this? To review and check your understanding on the topics we have covered related to substance abuse**
- 3. How will I know I've learned this? Score an 80% or higher on the quiz**

Thursday/Friday

Learning Activity - Quiz review, Review Game

Assignment - Quiz



Week of: November 2nd & 9th

Subject: Health Education

SOL(s): 8.1

- 4. What am I learning? Substance Abuse Prevention**

5. **Why am I learning this? To identify and explain essential health concepts related to Substance Abuse**
6. **How will I know I've learned it? Students can describe the associated vocabulary words with the unit and complete the Starter Vocabulary Assignments.**

Monday/Tuesday

Learning Activity- Mind Maps 1-4, Signs & Symptoms, Impact on Relationships, Teen use, Table Talks 26-30

Assignment- Starter Assignment on Vocabulary words. Options: Flash Cards, Post it! Or Sentence Sleuth

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 8.1 McCready/Downing/Recore/Williams

4. **What am I learning? Substance Abuse Prevention**
5. **Why am I learning this? To identify and explain essential health concepts related to Substance Abuse**
6. **How will I know I've learned this? Students will be able to recognize the short & long term effects of Substance Abuse**

Thursday/Friday

Learning Activity - Mind Maps 5-8; Short & Long term effects of Substance Abuse, Table Talks 31-35

Assignment - Complete the Appetizer Assignment: Article Read and discussion questions

Week of: October 12th

Subject: Physical Education/Health Education

SOL(s): 8.1 Mon/Tues- McCready Downing, Thurs/Friday- Williams/Downing
1. What am I learning? Online/Hybrid Physical Education 2. Why am I learning this? To understand the new rules/ways on conducting PE 3. How will I know I've learned it? Parents and Students must look over the new syllabus, sign it and return it
<u>Monday/Tuesday</u> Learning Activity- Online/Hybrid PE introduction Assignment- Read the new syllabus and sign the bottom. Return for a grade
<u>Wednesday (At-home learning)</u> Parent Meeting Tiger Cubs Meeting
SOL(s): 8.1 Mon/Tues- Recore/Williams Thurs/Fri- McCready/Downing
1. What am I learning? Hybrid/Virtual Health 2. Why am I learning this? To understand the rules and expectations of Health class 3. How will I know I've learned it? Complete the Pre-Assessment on Canvas
<u>Thursday/Friday</u> Learning Activity - Introduction to Health and Canvas Assignment - Complete the Pre-Assessment for Choice Led Health on Canvas

NOTE:

Mr. Downing and Mrs. McCready will go over PE information Mon/Tues and Health on Thurs/Fri

Mr. Recore and Mrs. Williams will go over Health information Mon/Tues and PE information Thurs/Fri



Week of: October 5th

Subject: Physical Education

SOL(s): 8.3

1. What am I learning? Fitness Scavenger Hunt
2. Why am I learning this? To get students up and moving!
3. How will I know I've learned it? By successfully finding as many items on the scavenger hunt as you can!

Monday/Tuesday

Learning Activity- Fitness Scavenger Hunt

Assignment- Complete any missing work students have not yet completed

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 8.3

1. What am I learning?
2. Why am I learning this?
3. How will I know I've learned it?

Thursday/Friday

Learning Activity - Asynchronous Learning- No new work at this time.

Assignment -

Week of: September 8th

Subject: Physical Education

SOL(s): 8.3

1. **What am I learning? We are learning the fitness component of Flexibility**
2. **Why am I learning this? To understand the importance of Flexibility and the role it plays in taking care of your body**
3. **How will I know I've learned it? Complete the check for understanding with 100% accuracy**

Monday/Tuesday

Learning Activity- Google search different stretches, static & dynamic stretching

Assignment- Students will complete their Check for Understanding form

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 6.3

1. **What am I learning? Flexibility**
2. **Why am I learning this? Review health benefits of Flexibility and programs available**
3. **How will I know I've learned it? Complete check for understanding form**

Thursday/Friday

Learning Activity - Review Q&A

Assignment - Complete google form and required workouts

Week of: August 31st

Subject: Physical Education

SOL(s): 8.3

1. **What am I learning? We are learning the fitness component of muscular endurance**

2. **Why am I learning this? To understand the health benefits that endurance exercises provide**
3. **How will I know I've learned it? When I can define muscular endurance, name at least two benefits and two examples**

Monday/Tuesday

Learning Activity- Students will research different muscular endurance exercises

Assignment- Students will complete their fitness journals and required workouts

Wednesday (At-home learning)

Parent Meeting

Tiger Cubs Meeting

SOL(s): 6.3

1. **What am I learning? Muscular Endurance Exercise & Social/Emotional Learning**
2. **Why am I learning this? Health benefits of endurance exercise.**
3. **How will I know I've learned it? Complete muscular endurance journal & "Trust" exercise**

Thursday/Friday

Learning Activity - Social/Emotional Learning, Character Trait Exercise: Trust

Assignment - Complete journals and required workouts

Week of: August 24th

Subject: Physical Education

SOL(s): 8.3

1. **What am I learning? We are learning the fitness component of cardiorespiratory endurance**

2. **Why am I learning this?** To understand the health benefits of exercising your Heart and Lungs
3. **How will I know I've learned it?** When I complete my Cardiorespiratory Endurance Journal & answer questions related to the fitness videos

Monday/Tuesday

Learning Activity- Students will research different cardiorespiratory endurance exercises

Assignment- Students will complete their fitness journals and required workouts

Wednesday (At-home learning)

Parent Orientation

Tiger Cubs Meeting

SOL(s): 8.5

1. **What am I learning?** The Rate of Perceived Exertion Scale and Target Heart Rates
2. **Why am I learning this?** To understand the intensity of exercises using the Rate of Perceived Exertion Scale along with their Target Heart Rate
3. **How will I know I've learned it?** Students can rank exercises according to intensity and correctly calculate their target heart rate

Thursday/Friday

Learning Activity - Students will perform exercises and then take their heart rate to determine the intensity of an exercise and where it would fall on the Rate of Perceived Exertion Scale

Assignment - Complete journal entries ranking exercises and calculating target heart rates



Week of: August 17th

Subject: Physical Education

SOL(s):

1. **What am I learning?** The rules and expectations of my virtual classroom

2. **Why am I learning this?** So I can be a respectful, responsible, and productive participant of the virtual classroom.
3. **How will I know I've learned it?** I am able to participate in my virtual classroom with my peers in a respectful, responsible, and productive manner.

Monday/Tuesday

Homeroom Orientation- 8:00-10:00 (group 1)
12:00-2:00 (group 2)

Wednesday (At-home learning)

Parent Orientation

Tiger Cubs Meeting (see google classroom for the meeting link)

Thursday/Friday

Learning Activity - Virtual Classroom Expectations and Routines

Assignment - Complete the getting to know you Google Form (located in Google Classroom)