

Health Weekly Agenda - Fall 2025

* MOST RECENT WEEK WILL BE AT THE TOP. PREVIOUS WEEKS ARE BELOW. *

WEEK 10

Date		Agenda	Announcements/Notes
10/20	Monday	Finish Nutrition Notes Nutrition Labels Activity	
10/21	Tuesday	Review for Unit 4 Test	
10/22	Wednesday	Unit 4 Test	
10/23	Thursday	NO SCHOOL - P/T Conferences	
10/24	Friday	NO SCHOOL	

WEEK 9

Date		Agenda	Announcements/Notes
10/13	Monday	Continue Unit 4 - Start Nutrition Notes MyPlate Self Assessment Start MyPlate Webquest	
10/14	Tuesday	Continue Nutrition Notes - Proteins and Fats Continue MyPlate WebQuest	
10/15	Wednesday	Continue Nutrition Notes - Macro and Micronutrients Finish MyPlate Webquest	
10/16	Thursday	Diet Assignment	Mr. Leon will be gone for 6th hour. Unit 4 Test next Wednesday
10/17	Friday	NO SCHOOL	

WEEK 8

Date		Agenda	Announcements/Notes
10/6	Monday	Continue Unit 4 Notes - Finish Fitness Notes <i>How Much Sleep Do I Need?</i> Reading	

10/7	Tuesday	Fitness Program Project	
10/8	Wednesday	Fitness Program Project	
10/9	Thursday	Work on Fitness Program Project - due Monday	
10/10	Friday	Review Unit 4	Last Day to Turn in Missing Work! Homecoming ½ Day

WEEK 7

Date		Agenda	Announcements/Notes
9/29	Monday	Start Unit 4 Notes - Benefits of Fitness and 5 Components of Fitness <i>Why is Exercise Wise?</i> Reading	
9/30	Tuesday	Continue Unit 4 Notes - Aerobic vs. Anaerobic Exercise Muscle Fatigue Lab	
10/1	Wednesday	Continue Unit 4 Notes - Heart Rates Heart Rate Lab	
10/2	Thursday	Fitness Components, Principles, and Types Activity	Mr. Leon will be gone.
10/3	Friday	Fitness Components, Principles, and Types Activity	Mr. Leon will be gone.

WEEK 6

Date		Agenda	Announcements/Notes
9/22	Monday	Start First Aid/CPR Training Videos	
9/23	Tuesday	Continue First Aid/CPR Training Videos	
9/24	Wednesday	Finish First Aid/CPR Training Videos Review	
9/25	Thursday	Review for Unit 3 Test	

9/26	Friday	Unit 3 Test Fitness Self-Assessment Figuring out Fitness Activity	
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WEEK 5

Date		Agenda	Announcements/Notes
9/15	Monday	Finish Unit 2 Notes Human Body System Teamwork Activity Human Body System Issues	
9/16	Tuesday	Human Body System Issues	
9/17	Wednesday	Review for Unit 2 Test	
9/18	Thursday	Unit 2 Test	
9/19	Friday	What's in a First Aid Kit	

WEEK 4

Date		Agenda	Announcements/Notes
9/8	Monday	Continue Unit 2 Notes: Skeletal and Integumentary Skeletal Diagram <i>Taking Care of Your Skin</i> Reading	
9/9	Tuesday	Continue Unit 2 Notes: Circulatory and Respiratory System Respiratory Lab Muscular and Skeletal Color Code	
9/10	Wednesday	Continue Unit 2 Notes: Nervous System and Endocrine System Regions of the Brain	
9/11	Thursday	Continue Unit 2 Notes - Digestive and Urinary Systems Digestion Lab	
9/12	Friday	Muscular and Skeletal Quiz Continue Unit 2 Notes - Immune System Immune System Station Activity	Unit 2 Test next Thursday

WEEK 3

Date		Agenda	Announcements/Notes
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9/1	Monday	NO SCHOOL	
9/2	Tuesday	Review for Unit 1 Test	
9/3	Wednesday	Unit 1 Test	
9/4	Thursday	Body System Matching Game	
9/5	Friday	Finish Body System Matching Game Start Unit 2 Notes: 5 Senses and Muscular System Muscular Diagrams	

WEEK 2

Date		Agenda	Announcements/Notes
8/25	Monday	Controllable vs. Uncontrollable Risks	Mr. Leon will be gone.
8/26	Tuesday	Maslow's Hierarchy of Needs Reading	Mr. Leon will be gone.
8/27	Wednesday	Go over Controllable vs. Uncontrollable Risks and Maslow Maslow Annotating Assignment Continue Unit 1 Notes	
8/28	Thursday	Continue Unit 1 Notes 6 Components of Health Group Assignment	Picture Day!
8/29	Friday	Go over 6 Components of Health Continue Unit 1 Notes - Goal Setting	Unit 1 Test next Wednesday

WEEK 1

Date		Agenda	Announcements/Notes
8/18	Monday	NO SCHOOL	
8/19	Tuesday	Syllabus <i>How Well Do You Know...</i> Classroom Procedures and Expectations	1st Day of School!
8/20	Wednesday	Student Info Questionnaire Classroom Procedures	

		Health BINGO	
8/21	Thursday	Classroom Scavenger Hunt Start Unit 1: What is Health? Wellness Wheel Reflection	
8/22	Friday	Health Myth or Fact Start Unit 1 Notes: Introduction to Health Healthy Lifestyle Quiz	Signed Syllabus Due!