

# J. L. Mann High School Weekly Lesson Plans 2025-2026

Teacher's Name: **Bailey Green**

Course: **Health Science 1**

Dates: **March 2-6 , 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STANDARDS</b>	<b>STANDARDS</b>	<b>STANDARDS</b>	<b>STANDARDS</b>	<b>STANDARDS</b>
Standard 4.1/4.2	Standard 4.1/4.2	Standard 4.1/4.2	Standard 3.0	Standard 3.0
<b>LEARNING TARGET</b>	<b>LEARNING TARGET</b>	<b>LEARNING TARGET</b>	<b>LEARNING TARGET</b>	<b>LEARNING TARGET</b>
I can critique techniques pertaining to personal and environmental safety, such as body mechanics, ergonomics, safe operation of equipment, equipment safety, and personal safety.	I can critique techniques pertaining to personal and environmental safety, such as body mechanics, ergonomics, safe operation of equipment, equipment safety, and personal safety.	I can critique techniques pertaining to personal and environmental safety, such as body mechanics, ergonomics, safe operation of equipment, equipment safety, and personal safety.	I can analyze behaviors that promote health and wellness (such as: nutrition, weight control, exercise, sleep habits). I can construct strategies for prevention of diseases such as avoiding risky behaviors.	I can analyze behaviors that promote health and wellness (such as: nutrition, weight control, exercise, sleep habits). I can construct strategies for prevention of diseases such as avoiding risky behaviors.
<b>ACTIVATING STRATEGY</b>	<b>ACTIVATING STRATEGY</b>	<b>ACTIVATING STRATEGY</b>	<b>ACTIVATING STRATEGY</b>	<b>ACTIVATING STRATEGY</b>
Vital Signs Presentations	Body Mechanics Lab cont.	Body Mechanics Lab cont.	1. Draw and label what you believe to be a balanced meal	1. Draw and label what you believe to be a balanced meal
<b>LESSON ACTIVITIES</b>	<b>LESSON ACTIVITIES</b>	<b>LESSON ACTIVITIES</b>	<b>LESSON ACTIVITIES</b>	<b>LESSON ACTIVITIES</b>
1.bellringer 2.Vital Signs Presentations 3.closure	1.bellringer 2.Bed, Wheelchair, and Box review 3.Body Mechanics Lab 4.Body Mechanics Article 5.Body Mechanics Worksheet 6.checkoffs/closure	1.bellringer 2.Bed, Wheelchair, and Box review 3.Body Mechanics Lab 4.Body Mechanics Article 5.Body Mechanics Worksheet 6.checkoffs/closure	1.Draw a balanced meal 2.nutrition notes 3.Nutrition Webquest 4.Fast Food Comparison 5. closure	1.Draw a balanced meal (again) 2.nutrition notes 3.Fast Food Comparison 4.Clinical Conditions assignment 6. closure

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CLOSURE	CLOSURE	CLOSURE	CLOSURE	CLOSURE
Vital Signs Presentations	*checkoffs	*What is wrong with each of the following pictures (be specific)?	*How can they fix their improper body mechanics (be specific)?	Watching SuperSize Me movie until the end of class
<b>Important Due Dates:</b> NONE	<b>Important Due Dates:</b> NONE	<b>Important Due Dates:</b> Notebook checks	<b>Important Due Dates:</b> NONE	<b>Important Due Dates:</b> *Week Food Log

**How are you utilizing UDL learning guidelines and strategies within your weekly lessons? Check the boxes or highlight :)**

REPRESENTATION options for presenting content	ENGAGEMENT options for engaging student interest	EXPRESSION options for students to demonstrate learning	CULTURAL CONSIDERATIONS	ASSESSMENTS
<input type="checkbox"/> Artifacts <input type="checkbox"/> Pictures <input checked="" type="checkbox"/> Graphic Organizers <input checked="" type="checkbox"/> Video Clips <input type="checkbox"/> Audio Recordings <input type="checkbox"/> Lab <input checked="" type="checkbox"/> Lecture <input type="checkbox"/> Other:	<input type="checkbox"/> Cooperative Work <input type="checkbox"/> Partner Work <input type="checkbox"/> Manipulatives <input type="checkbox"/> Movement <input type="checkbox"/> Debates <input type="checkbox"/> Role Plays or Simulations <input type="checkbox"/> Other:	<input checked="" type="checkbox"/> Written Response <input type="checkbox"/> Illustrated Response <input type="checkbox"/> Oral Response <input type="checkbox"/> Model Creation <input type="checkbox"/> Construction <input type="checkbox"/> Other:	<input type="checkbox"/> Nature of content & ethnicity and/or culture of students <input type="checkbox"/> Other:	<input checked="" type="checkbox"/> Class Work <input checked="" type="checkbox"/> Journals <input type="checkbox"/> Group Discussion <input type="checkbox"/> Individual Participation <input checked="" type="checkbox"/> Quiz / Test <input type="checkbox"/> Project <input type="checkbox"/> Conference <input type="checkbox"/> Essay <input type="checkbox"/> Other:

\*All adjustments to the teacher's lesson plans will be communicated to the students.