

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

Teacher's Name: **Bailey Green** Course: **Health Science 1** Dates: **February 23-27, 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STANDARDS	STANDARDS	STANDARDS	STANDARDS	STANDARDS
Standard 3.0	Standard 3.2	Standard 4.1/4.2	Standard 4.1/4.2	Standard 3.0
LEARNING TARGET	LEARNING TARGET	LEARNING TARGET	LEARNING TARGET	LEARNING TARGET
I can demonstrate and evaluate procedures for measuring and recording pulse including normal and abnormal ranges.	I can demonstrate and evaluate procedures for measuring and recording respirations including normal and abnormal ranges.	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.
ACTIVATING STRATEGY	ACTIVATING STRATEGY	ACTIVATING STRATEGY	ACTIVATING STRATEGY	ACTIVATING STRATEGY
*What is the name given to the "colored" part of the eye?	*What are the normal ranges for pulse? *What are the abnormal ranges for pulse? What are the medical terms for each range? *What are you measuring with rate, rhythm, and strength? *Write out the flow of blood through the heart starting with the superior/inferior vena cava.	Body Mechanics Lab cont.	Body Mechanics Lab cont.	1. Draw and label what you believe to be a balanced meal

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LESSON ACTIVITIES	LESSON ACTIVITIES	LESSON ACTIVITIES	LESSON ACTIVITIES	LESSON ACTIVITIES
1.bellringer 2.pulse slide 3.pulse demo 4.pulse practice 5.pulse research 6.pulse form	1.bellringer 2.respiration slide 3.respiration demo 4.respiration practice 5.respiration research 6.respiration Google Form	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.Clinical Conditions assignment 6. Draw a balanced meal (again)
CLOSURE	CLOSURE	CLOSURE	CLOSURE	CLOSURE
*What are some reasons that a person's pulse may become higher than normal? *A pulse rate above 100 beats per minute, is _____.	*What is the pathway for air as it is breathed in? *The _____ is also known as the throat while the _____ is known as the voice box. *What is the function of mucus within the respiratory system?	*What is wrong with each of the following pictures (be specific)? *How can they fix their improper body mechanics (be specific)?	*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
Important Due Dates: Vision assignment	Important Due Dates: Pulse Assignment	Important Due Dates: NONE	Important Due Dates: NONE	Important Due Dates: *1st Period Notebook Checks *Weekend 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 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 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

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<input checked="" type="checkbox"/> Lecture <input type="checkbox"/> Other:	<input type="checkbox"/> Other:			<input type="checkbox"/> Conference <input type="checkbox"/> Essay <input type="checkbox"/> Other:
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*All adjustments to the teacher's lesson plans will be communicated to the students.