



Monday 01/18/2021	Tuesday 01/19/2021	Wednesday 01/20/2021	Thursday 01/21/2021	Friday 01/22/2021
<p>Harm's Class 9:30am - 10:00am</p> <p>6th PE A 10:30am - 11:15am</p> <p>6th Health B 11:15am - 1:15pm</p> <p>9th Health Class A 11:15am - 12:30pm</p> <p>9th Health class B 11:15am - 12:30pm</p> <p>Geigle's Class 1:15pm - 1:45pm</p> <p>Rec Sports 2:35pm - 3:18pm</p>	<p>Oschner 4th 8:30am - 9:00am</p> <p>Badminton</p> <p>We will go over the rules, history and talk about Badminton. Finish 2 vs 2 tournament</p> <p>Standards</p> <p>PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.</p> <p>S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.</p> <p>S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills</p>	<p>Geigle's Class 8:30am - 9:00am</p> <p>Badminton</p> <p>We will go over the rules, history and talk about Badminton. Continue 2 vs 2 tournament</p> <p>Standards</p> <p>PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>S4.E3.5 Gives corrective feedback respectfully to peers.</p> <p>S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.</p> <p>S4.E6.5 Applies safety principles with age-appropriate physical activities.</p> <p>S3.E2.5 Actively engages in all the activities of physical education.</p> <p>S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.</p> <p>S2.E3.5a Applies movement concepts</p>	<p>Lambert's Class 8:30am - 9:00am</p> <p>Badminton</p> <p>We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.</p> <p>Standards</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>S1.E24.K Strikes a lightweight object with a paddle or short-handled racket.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p>	<p>Lambert's Class 8:30am - 9:00am</p> <p>Badminton</p> <p>We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.</p> <p>Standards</p> <p>PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>S1.E24.K Strikes a lightweight object with a paddle or short-handled racket.</p> <p>S4.E3.K Follows instruction/directions when prompted.</p> <p>S4.E4.K Share equipment and space with others.</p> <p>S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.</p> <p>S5.E2.K Acknowledges that some physical activities are challenging/difficult.</p> <p>S5.E3.Kb Discusses the enjoyment of playing with friends.</p>



as directed by the teacher.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

Hoekman's Class
9:00am - 9:30am

Badminton

We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

to strategy in game situations.

S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

Hoekman's Class
9:00am - 9:30am

Badminton

We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.1 Strikes a ball with a short-handled implement, sending it upward.

S3.E2.1 Actively engages in physical education class.

S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.

S4.E2.1 Follows the rules and parameters

Wolf 9:00am - 9:30am

Badminton

We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.K Strikes a lightweight object with a paddle or short-handled racket.

S4.E3.K Follows instruction/directions when prompted.

S4.E4.K Share equipment and space with others.

S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

S5.E2.K Acknowledges that some physical activities are challenging/difficult.

S5.E3.Kb Discusses the enjoyment of playing with friends.

Wolf 9:00am - 9:30am

Badminton

We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.K Strikes a lightweight object with a paddle or short-handled racket.

S4.E3.K Follows instruction/directions when prompted.

S4.E4.K Share equipment and space with others.

S4.E6.K Follows teacher directions for safe participation and proper use of equipment with minimal reminders.

S5.E2.K Acknowledges that some physical activities are challenging/difficult.

S5.E3.Kb Discusses the enjoyment of playing with friends.

Harm's Class
10:00am - 10:30am

Badminton

Eszlinger's Class
9:30am - 10:00am

Badminton



S1.E24.1 Strikes a ball with a short-handled implement, sending it upward.

S3.E2.1 Actively engages in physical education class.

S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.

S4.E2.1 Follows the rules and parameters of the learning environment.

S4.E3.1 Responds appropriately to general feedback from the teacher.

S4.E6.1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

Swenson's Class
9:30am - 10:00am

Badminton

We will go over the rules, history and talk about Badminton. Play 1 vs 1 games and 2 vs 2 games

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social

of the learning environment.

S4.E3.1 Responds appropriately to general feedback from the teacher.

S4.E6.1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

Swenson's Class
9:30am - 10:00am

Badminton

We will go over the rules, history and talk about Badminton. Play 1 vs 1 games and 2 vs 2 games

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.3a Strikes an object with a short-handled

We will go over the rules, history and talk about Badminton. Finish 2 vs 2 tournament

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.

S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

We will go over the rules, history and talk about Badminton. After we go over the rules and how to play. We will start serving the birdie underhand cross-court to your partner and have them hit it back and forth. Then work on overhand serve and again hit it back and forth. Then to finish class have them just pass the birdie back and forth.

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S1.E24.2 Strikes an object upward with a short-handled implement, using consecutive hits.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S4.E3.2 Accepts specific corrective feedback from the teacher.



behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.

S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged

implement, sending it forward over a low net or to a wall.

S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

Daugaard's Class
10:00am - 10:30am

Badminton

1 on 1 game and then we will start 2 on 2 tournaments.

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles,

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

Whipples Class
10:00am - 10:30am

Badminton

We will go over the rules, history and talk about Badminton. After we go over the rules and how to play. We will start serving the birdie underhand cross-court to your partner and have them hit it back and forth. Then work on overhand serve and again hit it back and forth. Then to finish class have them just pass the birdie back and forth.

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that

S4.E6.2a Works independently and safely in physical education.

S4.E6.2b Works safely with physical education equipment.

Oschner 4th
10:00am - 10:30am

Badminton

We will go over the rules, history and talk about Badminton. Finish 2 vs 2 tournament

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.

S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.



with others in physical activity.

Daugaard's Class
10:00am - 10:30am

Badminton

1 on 1 game and then we will start 2 on 2 tournaments.

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.

S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.3a Strikes an object with a short-handled implement, sending it forward over a low net or to a wall.

S1.E24.3b Strikes an object with a short-handled implement while demonstrating 3 of the 5 critical elements of a mature pattern.

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning

respects self and others.

S1.E24.2 Strikes an object upward with a short-handled implement, using consecutive hits.

S3.E2.2 Actively engages in physical education class in response to instruction and practice.

S4.E2.2 Accepts responsibility for class protocols with behavior and performance actions.

S4.E3.2 Accepts specific corrective feedback from the teacher.

S4.E6.2a Works independently and safely in physical education.

S4.E6.2b Works safely with physical education equipment.

S2.E3.3 Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.

S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

6th PE A 10:30am - 11:15am

6th PE B 10:30am - 11:15am

Badminton

start to play 1 on 1 games and 2 on 2 games and tournaments.

Standards

S5.E4.5 Describes the social benefits gained from participating in physical activity (ex. recess, youth sport).

S5.E3.5 Analyzes different physical activities for enjoyment and

6th PE A 10:30am - 11:15am

Badminton

start to play 1 on 1 games and 2 on 2 games and tournaments.

Standards

S5.E4.5 Describes the social benefits gained from participating in physical activity (ex. recess, youth sport).

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.



S4.E3.3 Accepts and implements specific corrective feedback from the teacher.

S4.E4.3a Works cooperatively with others.

S4.E4.3b Praises others for their success in movement performance.

S5.E2.3 Discusses the challenge that comes from learning a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

6th PE A 10:30am - 11:15am

6th PE B 10:30am - 11:15am

Badminton

start to play 1 on 1 games and 2 on 2 games and tournaments.

Standards

S5.E4.5 Describes the social benefits gained from participating in physical activity (ex. recess, youth sport).

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

S4.E6.5 Applies safety principles with age-appropriate physical activities.

a new physical activity.

S5.E4.3 Describes the positive social interactions that come when engaged with others in physical activity.

6th PE A 10:30am - 11:15am

Badminton

start to play 1 on 1 games and 2 on 2 games and tournaments.

Standards

S5.E4.5 Describes the social benefits gained from participating in physical activity (ex. recess, youth sport).

S5.E3.5 Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.

S4.E6.5 Applies safety principles with age-appropriate physical activities.

S4.E5.5 Critiques the etiquette involved in rules of various game activities.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E3.5 Gives corrective feedback respectfully to peers.

S3.E2.5 Actively engages in all the

challenge, identifying reasons for a positive or negative response.

S4.E6.5 Applies safety principles with age-appropriate physical activities.

S4.E5.5 Critiques the etiquette involved in rules of various game activities.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E3.5 Gives corrective feedback respectfully to peers.

S3.E2.5 Actively engages in all the activities of physical education.

S2.E3.5c Analyzes movement situations and applies movement concepts (ex. force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.

S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.

S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

S4.E6.5 Applies safety principles with age-appropriate physical activities.

S4.E5.5 Critiques the etiquette involved in rules of various game activities.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E3.5 Gives corrective feedback respectfully to peers.

S3.E2.5 Actively engages in all the activities of physical education.

S2.E3.5c Analyzes movement situations and applies movement concepts (ex. force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.

S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.

S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

6th PE B 10:30am - 11:15am



<p>S4.E5.5 Critiques the etiquette involved in rules of various game activities.</p> <p>S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.</p> <p>S4.E3.5 Gives corrective feedback respectfully to peers.</p> <p>S3.E2.5 Actively engages in all the activities of physical education.</p> <p>S2.E3.5c Analyzes movement situations and applies movement concepts (ex. force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.</p> <p>S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.</p> <p>S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.</p>	<p>activities of physical education.</p> <p>S2.E3.5c Analyzes movement situations and applies movement concepts (ex. force, direction, speed, pathways, extensions) in small-sided practice tasks in game environments, dance and gymnastics.</p> <p>S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.</p> <p>S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.</p>	<p>6th Health A 11:15am - 1:15pm</p> <p>6th Health B 11:15am - 1:15pm</p> <p>Dare</p> <p>Officer Aaron will come in and talk to them</p> <p>9th Health Class A 11:15am - 12:30pm</p> <p>Chapter 3 Achieving Mental and Emotional Health</p> <p>Developing Your Self- Esteem Lesson 1. We will be doing some activities to help show how to develop your self-esteem Continue into Lesson 2 on Developing Personal identity and Character.</p> <p>Standards</p> <p>8.12.4 Adapt health messages and communication techniques to a specific target audience</p> <p>8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.</p> <p>8.12.2 Demonstrate how to influence and support others to make positive health choices.</p> <p>8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.</p> <p>7.12.3 Demonstrate a variety of behaviors to avoid or reduce</p>	<p>6th Health A 11:15am - 1:15pm</p> <p>6th Health B 11:15am - 1:15pm</p> <p>9th Health Class A 11:15am - 12:30pm</p> <p>9th Health class B 11:15am - 12:30pm</p> <p>Capstone</p> <p>Physical Fitness Testing with all the students</p> <p>Standards</p> <p>2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>3.12.3 Determine the accessibility of products and services that enhance health.</p> <p>5.12.6 Defend the healthy choice when making decisions.</p> <p>Rec Sports 2:35pm - 3:18pm</p>
<p>6th Health A 11:15am - 1:15pm</p> <p>Dare</p> <p>Officer Aaron will come in and talk to them</p>	<p>6th PE B 10:30am - 11:15am</p> <p>6th Health A 11:15am - 1:15pm</p> <p>6th Health B 11:15am - 1:15pm</p> <p>9th Health Class A 11:15am - 12:30pm</p> <p>9th Health class B 11:15am - 12:30pm</p> <p>Project</p> <p>They will get into groups of 3 and work as a group to teach a 10 minute lesson on health. How can you take care of yourself.</p> <p>Standards</p> <p>8.12.4 Adapt health messages and communication techniques to a</p>		



6th Health B 11:15am
- 1:15pm

9th Health Class A
11:15am - 12:30pm

9th Health class B
11:15am - 12:30pm

Chapter 3 Achieving Mental and Emotional Health

Developing Your
Self- Esteem Lesson

1. We will be doing
some activities to
help show how to
develop your self-
esteem
Continue into Lesson
2 on Developing
Personal Identity and
Character.

Standards

8.12.4 Adapt health
messages and
communication
techniques to a
specific target
audience

8.12.3 Work
cooperatively as an
advocate for
improving personal,
family, and
community health.

8.12.2 Demonstrate
how to influence and
support others to
make positive health
choices.

8.12.1 Utilize
accurate peer and
societal norms to
formulate a health-
enhancing message.

7.12.3 Demonstrate
a variety of behaviors
to avoid or reduce
health risks to self
and others.

7.12.2 Demonstrate
a variety of healthy
practices and
behaviors that will

specific target
audience

8.12.3 Work
cooperatively as an
advocate for
improving personal,
family, and
community health.

8.12.1 Utilize
accurate peer and
societal norms to
formulate a health-
enhancing message.

4.12.1 Use skills for
communicating
effectively with family,
peers, and others to
enhance health.

Lerdal's Class 1:45pm
- 2:15pm

Badminton

We will go over
hitting a birdie both
underhand and
overhand. We will
work on passing the
birdie back and forth.

Standards

PE.4 The physically
literate individual
exhibits responsible
personal and social
behavior that
respects self and
others.

PE.5 The physically
literate individual
recognizes the value
of physical activity for
health, enjoyment,
challenge, self-
expression and/or
social interaction.

S1.E24.1 Strikes a
ball with a short-
handled implement,
sending it upward.

S3.E2.1 Actively
engages in physical
education class.

health risks to self
and others.

7.12.2 Demonstrate
a variety of healthy
practices and
behaviors that will
maintain or improve
the health of self and
others.

7.12.1 Analyze the
role of individual
responsibility for
enhancing health.

5.12.4 Generate
alternatives to health-
related issues or
problems.

5.12.1 Examine
barriers that can
hinder healthy
decision making.

2.12.1 Analyze how
the family influences
the health of
individuals.

1.12.9 Analyze the
potential severity of
injury or illness if
engaging in
unhealthy behaviors.

1.12.5 Propose
ways to reduce or
prevent injuries and
health problems.

1.12.4 Analyze how
genetics and family
history can impact
personal health.

1.12.1 Predict how
healthy behaviors
can affect health
status.

9th Health class B
11:15am - 12:30pm

Chapter 3 Achieving Mental and Emotional Health

Developing Your
Self- Esteem Lesson
1. We will be doing
some activities to



maintain or improve the health of self and others.

7.12.1 Analyze the role of individual responsibility for enhancing health.

5.12.4 Generate alternatives to health-related issues or problems.

5.12.1 Examine barriers that can hinder healthy decision making.

2.12.1 Analyze how the family influences the health of individuals.

1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

1.12.5 Propose ways to reduce or prevent injuries and health problems.

1.12.4 Analyze how genetics and family history can impact personal health.

1.12.1 Predict how healthy behaviors can affect health status.

S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.

S4.E2.1 Follows the rules and parameters of the learning environment.

S4.E3.1 Responds appropriately to general feedback from the teacher.

S4.E6.1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

Rec Sports 2:35pm - 3:18pm

help show how to develop your self-esteem
Continue into Lesson 2 on Developing Personal identity and Character.

Standards

8.12.4 Adapt health messages and communication techniques to a specific target audience

8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.

8.12.2 Demonstrate how to influence and support others to make positive health choices.

8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.

7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

7.12.1 Analyze the role of individual responsibility for enhancing health.

5.12.4 Generate alternatives to health-related issues or problems.

5.12.1 Examine barriers that can

Geigle's Class
1:15pm - 1:45pm

Badminton

We will go over the rules, history and talk about Badminton. After we go over the rules and how to play. We will start serving the birdie underhand cross-court to your partner and have them hit it back and forth. Then work on overhand



serve and again hit it back and forth. Then to finish class have them just pass the birdie back and forth.

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S4.E3.5 Gives corrective feedback respectfully to peers.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E6.5 Applies safety principles with age-appropriate physical activities.

S3.E2.5 Actively engages in all the activities of physical education.

S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.

S2.E3.5a Applies movement concepts to strategy in game situations.

S1.E24.5 Strikes an object consecutively, with a partner, using

hinder healthy decision making.

2.12.1 Analyze how the family influences the health of individuals.

1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

1.12.5 Propose ways to reduce or prevent injuries and health problems.

1.12.4 Analyze how genetics and family history can impact personal health.

1.12.1 Predict how healthy behaviors can affect health status.

Schneiders class
1:15pm - 1:45pm

Badminton

We will go over the rules, history and talk about Badminton. After we go over the rules and how to play. We will start serving the birdie underhand cross-court to your partner and have them hit it back and forth. Then work on overhand serve and again hit it back and forth. Then to finish class have them just pass the birdie back and forth.

Standards

PE.2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.



a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

Lerdal's Class 1:45pm - 2:15pm

Badminton

We will go over hitting a birdie both underhand and overhand. We will work on passing the birdie back and forth.

Standards

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

S1.E24.1 Strikes a ball with a short-handled implement, sending it upward.

S3.E2.1 Actively engages in physical education class.

S4.E1.1 Accepts personal responsibility by using equipment and space appropriately.

S4.E2.1 Follows the rules and parameters of the learning environment.

S4.E3.1 Responds appropriately to general feedback from the teacher.

PE.4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

S4.E3.5 Gives corrective feedback respectfully to peers.

S4.E4.5 Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.

S4.E6.5 Applies safety principles with age-appropriate physical activities.

S3.E2.5 Actively engages in all the activities of physical education.

S2.E3.5b Applies the concepts of direction and force to strike an object with a long-handled implement.

S2.E3.5a Applies movement concepts to strategy in game situations.

S1.E24.5 Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.

Rec Sports 2:35pm - 3:18pm



S4.E6.1 Follows teacher directions for safe participation and proper use of equipment without teacher reminders.

S5.E2.1 Recognizes that challenge in physical activities can lead to success.

Rec Sports 2:35pm - 3:18pm