**Week Beginning: August (18-22), 2025**

**Teacher: REICHARDT**

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|  | **Health Class** | **Junior High Physical Education** | **Elementary Physical Education** |
| Monday | Go over classroom rules and expectations.  Discuss: What is Health? Assign Chapter 1 Section 1 p.5 (1-5).  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6) | Attendance  Go over Physical Education Class Rules.  Hand out lockers and locks. If time remains, students may play Basketball pick-up games.  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6 | Attendance  Go over warm up spots  Have students find their warm-up spots  Go over rules for Physical Education Class. |
| Tuesday | Go over Chapter 1 Section 1. Work on Chapter 1 Section 1 worksheet. Take quiz on Chapter 1 Section 1. Discuss: Identifying Health Risks. Assign Chapter 1 Section 2 p.11 (1-5).  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6) | Attendance  Go over Physical Education Class Rules.  Hand out lockers and locks. If time remains, students may play Basketball pick-up games.  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6 | Attendance  Go over warm up spots  Have students find their warm-up spots  Go over rules for Physical Education Class. |
| Wednesday | Go over Chapter 1 Section 2. Work on Chapter 1 Section 2 worksheet. Take quiz on Chapter 1 Section 2. Discuss: Taking responsibility for Your Health.. Assign Chapter 1 Section 3 p.15 (1-5).  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6) | Attendance  Go over Physical Education Class Rules.  Hand out lockers and locks. If time remains, students may play Basketball pick-up games.  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6 | Attendance  Go over warm up spots  Have students find their warm-up spots  Go over rules for Physical Education Class. |

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|  | **Health Class** | **Junior High Physical Education** | **Elementary Physical Education** |
| Thursday | Go over Chapter 1 Section 3. Work on Chapter 1 Section 3 worksheet. Take quiz on Chapter 1 Section 3. Discuss: Being a Wise Health Consumer. Assign Chapter 1 Section 4 p.24 (1-5).  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6) | Attendance, warm-ups  Pacer Test  A (1-4) C (3) E (1-5)  B (2,3) D (1-4) G (1-4) | Attendance, warm-ups  Flag tag and capture the flag.  Work on locomotor movements, proprioception, teamwork, competition, cooperation, cardiovascular endurance and running skills. |
| Friday | Correct Chapter 1 Section 4 p.24 (1-5). Take Quiz on Chapter 1 Lesson 4. Assign Chapter 1 Review Questions p.26 (1-18).  A (1-7) C (1-4) E (1-4) G (1-5)  B (1-6) D (1-6) F (1-6) | Attendance, warm-ups  Pacer Test  A (1-4) C (3) E (1-5)  B (2,3) D (1-4) G (1-4) | Attendance, warm-ups  Flag tag and capture the flag.  Work on locomotor movements, proprioception, teamwork, competition, cooperation, cardiovascular endurance and running skills. |