**Week Beginning: January (21-24), 2025**

**Teacher: REICHARDT**

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|  | **Health Class** | **7th/8th & 9th/10th Physical Education** | **Elementary Physical Education** |
| Monday | **No School** | **Teacher** | **Work -Day** |
| Tuesday | **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, Warm-Ups**  **9th-10th - Go over Physical Education Class Rules. Hand out lockers and locks. If time remains, students may play Basketball pick-up games.**  **7th/8th – Volleyball Games**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6** | **Attendance, Warm-Ups**  **4th-6th – Bomb the Ball**  **Have students work on throwing skills, rules, games, competition, cooperation, teamwork, endurance, and knowledge.** |
| Wednesday | **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, Warm-Ups**  **9th-10th – Presidential Physical Fitness Testing**  **7th/8th - Volleyball Games**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6** | **Attendance, Warm-Ups**  **4th-6th – Bomb the Ball**  **Have students work on throwing skills, rules, games, competition, cooperation, teamwork, endurance, and knowledge.** |

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|  | **Health Class** | **7th/8th & 9th/10th Physical Education** | **Elementary Physical Education** |
| Thursday | **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, Warm-Ups**  **9th-10th – Presidential Physical Fitness Testing**  **7th/8th - Volleyball Games**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6** | **Attendance, Warm-Ups**  **4th-6th – Bomb the Ball**  **Have students work on throwing skills, rules, games, competition, cooperation, teamwork, endurance, and knowledge.** |
| Friday | **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**  **9th-10th – Presidential Physical Fitness Testing**  **7th/8th - Volleyball Games**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6** | **Attendance, Warm-Ups**  **4th-6th – Bomb the Ball**  **Have students work on throwing skills, rules, games, competition, cooperation, teamwork, endurance, and knowledge.** |