**Robin Gunkel’s Health Class Lesson Plans**

**WEEK OF**: 10/1-10-5

**This Week’s Illinois Health Standards**

**6th grade Health**

**State Goal.23.B.3a**

**5th Grade Health**

**State Goal. 24.A.3.b**

**7th Grade Health**

**State Goal.23.A3a**

**8th Grade P.E**

**19.A, 19.B, 19.C, 21.A, 21.B**

**Subject Activities & Additional Homework**

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|  | 8th P.E. | **7th Health** | **6th Health** | **5th Health** |  |
| Mon10/1  | **Objective :** Students will learn how to maintain control while dribbling, passing, and kicking a soccer ball**Activity**: drills dribbling, passing & kicking the soccer ball**Assessment:** observe students performing the drills**Homework**- none**Modification**: none | **Objective:** Students will learn about the function, parts, problems, and care for the circulatory system,**Activity** lecture and discussion**Assessment:** verbally quiz the students**Homework**- look over notes 5 minutesBring in Poster Board | **Objective:** Students will learn about following dietary guidelines when it comes to nutrition.**Activity:** Lecture & discussion**Assessmen**t: verbally quiz students on information**Block 7 :** students will take the final disease test | **Objective:** Students will learn the benefits of physical activity**Activity**: lecture and discussion**Assessment:** verbal quiz and discussion**Homework**- read over notes 5 minutes each night |  |
| Tues10/2  | **Objective :** Students will learn how to maintain control while dribbling, passing, and kicking a soccer ball**Activity**: drills dribbling, passing & kicking the soccer ball**Assessment:** observe students performing the drills**Homework**- none**Modification**: none | **Objective:** Students will show their understanding of the respiratory & circulatory systems by collaborating and working on a study guide for the test on Wednesday**Activity** :students collaborating answering questions on a study guide**Assessment:** Answer questions correctly**Homework**- Study for the test on WednesdayBring in poster board | **Objective:** Students will learn about following dietary guidelines when it comes to nutrition.**Activity:** Lecture & discussion**Assessmen**t: verbally quiz students on information**Homework:** look over notes for 5 minutes a night. | **Objective:** Students will learn the benefits of physical activity**Activity**: lecture and discussion**Assessment:** verbal quiz and discussion**Homework**- read over notes 5 minutes each night |  |
| Wed10/3 | **Objective :** Students will work to improve their endurance levels and cardiovascular fitness**Activity**: run the mile**Assessment:** time the mile and assess for improvement**Homework**- **Modification**: none | **Objective:** Students will show their understanding of the respiratory & Circulatory systems.**Activity** :collaborating answering questions for a jeopardy review game before taking the test.**Assessment:** Test on the respiratory and circulatory systems,**Homework**- Modifications: there is a modified test for those students that need modification. | **Objective:** Students will learn about following dietary guidelines when it comes to nutrition.**Activity:** Lecture & discussion**Assessmen**t: verbally quiz students on information. Worksheet on the lesson**Homework:** finish worksheet & study for nutrition lesson 1 quiz Thursday-Block 2Friday -Block 7  | **Objective:** Students will learn the benefits of physical activity**Activity**: lecture and discussion**Assessment:** verbal quiz and discussion. Worksheet on the lesson**Homework**- finish worksheet & study for quiz on Friday |  |
| Thurs.10/4 | **Objective :** Students will learn how to maintain control while dribbling, passing, and kicking a soccer ball**Activity**: drills dribbling, passing & kicking the soccer ball**Assessment:** observe students performing the drills**Homework**- none**Modification**: none | **Objective:** Students will learn about the function, parts, problems, and care for the Nervous system.**Activity** lecture and discussion**Assessment:** verbally quiz the students**Homework**- look over notes 5 minutesBring in Poster Board | **Objective:** Students will show their knowledge for the dietary guidelines for a healthful diet.**Activity:** go over worksheet that was for homework**Assessmen**t: Quiz on nutrition lesson 1**Homework: block 7 study for your quiz on Friday** | **5th grade field trip****No Class** |   |
| Fri10/5 | **Objective :** Students will have the opportunity to have a fun Friday if they cooperate doing the activities for the week**Activity**: fun Friday**Assessment:** **Homework**- **Modification**: none | **Objective:** Students will learn about the function, parts, problems, and care for the Nervous system.**Activity** lecture and discussion**Assessment:** verbally quiz the students**Homework**- look over notes 5 minutesBring in Poster Board | **Objective:** Students will show their knowledge for the dietary guidelines for a healthful diet.**Activity:** go over worksheet that was for homework**Assessmen**t: Quiz on nutrition lesson 1**Homework:**  | **Objective:** students will show their understandingof the benefits of physical activity.**Activity**: Go over the homework for review**Assessment:** Take chapter 5 lesson 3 quiz**Homework**: None |  |