**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** |  |
| Mon  10/1 | **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 minutes  Bring 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 |  |
| Tues  10/2 | **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 Wednesday  Bring 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 |  |
| Wed  10/3 | **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 2  Friday -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 minutes  Bring 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** |  |
| Fri  10/5 | **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 minutes  Bring 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 |  |