

Day/Date	Topic	Objectives	Learning Method	Assignments/Test/Quiz	Due Date
Wednesday, January 2, 2019	8 th Health Education	Prepare for the semester final by using quizlet live.	<p>1. As enter: complete the following exercises: A. 20 jumping jacks, 15 high plank shoulder touches</p> <p>2. You will need your chromebook today. Wisely choose a place to sit.</p> <p>3. Tell one other person one positive time you had with your family over break.</p> <p>4. Explain the semester final. You will take a 40 point test next class time. Today we will review with quizlet live to prepare.</p> <p>5. Review: Nervous System, CPR, respiratory system, cardiovascular system, stress management, mental and emotional Health.</p>	Semester final next class. 45 points	

	8 th Health Education				
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Monday December 31,2018	5 th /6 th Physical Education				
Tuesday January 3, 2019	5 th /6 th Physical Education	1.			
Wednesday January 2, 2019	5 th /6 th Physical Education	<p>1.Improve balance, coordination, and rhythm while practicing rope jumping skills.</p> <p>2.Improve anaerobic cardiovascular health through interval jumping while practicing skills.</p>	<p>1.As enter: Run your last name by going to each letter in your last name and doing the exercise at each letter.</p> <p>2. stretches</p> <p>3. You should have at least 70 points of testing completed. Begin the testing of rope skills.</p> <p>a. Know which two skills testing at a time. Two lines(know what you are going to test) Four rotations for testing.</p> <p>A. Group Skills B. Partner Skills C. Long Ropes D. Basketball/Knights of Columbus/Badminton ralleys</p>		
Thursday January 3, 2019	5 th /6 th Physical Education	<p>1.Improve balance, coordination, and rhythm while practicing rope jumping skills.</p> <p>2.Improve anaerobic cardiovascular health through interval jumping while practicing skills.</p>	<p>1.As enter: complete the exercises on my cart</p> <p>2. stretches</p> <p>3. You should have at least 120 points of testing completed. Begin the testing of rope skills.</p> <p>a. Know which two skills testing at a time. Two lines(know what you are going to test) Four rotations for testing.</p> <p>A. Group Skills B. Partner Skills</p>		

			C. Long Ropes D. exercise stations with steps, ladders, and free weights		
Friday January 4, 2019	5 th /6 th Physical Education	1.Improve balance, coordination, and rhythm while practicing rope jumping skills. 2.Improve anaerobic cardiovascular health through interval jumping while practicing skills.	1.As enter: complete the exercises on my cart 2. stretches 3. You should have at least 120 points of testing completed. Begin the testing of rope skills. a. Know which two skills testing at a time. Two lines(know what you are going to test) Four rotations for testing. A. Group Skills B. Partner Skills C. Long Ropes D. exercise stations with steps, ladders, and free weights		