

OUACHITA PARISH SCHOOL SYSTEM

Weekly Lesson Plan

2022-2023

Marcus Hogg

SUBJECT: Health

PERIOD(S): 1st, 2nd

DATE(S): September 19th - September 23rd

TIME FRAME: 55 minutes

MATERIALS (Edgenuity): X Smartboard, Transparencies, X Board/Markers, X Performance

 Thinking Map, Study Guide, X Worksheet, X Test, Other: Please list: project (electronic or paper)

BENCHMARKS/STANDARD/GLEs:

1-H-1.1 ; 1-H-4.1 ; 6-H-2.5 ; 7-H-1.2 ; 1-H-3.1 ; 2-H-1.5 ; 2-H-1.6 ; 4-H-1.1 ; 4-H-1.2 ; 6-H-2.5 ; 7-H-2.1

1-H-1.4 ; 1-H-1.5 ; 2-H-1.4 ; 2-H-2.4 ; 2-H-4.5 ; 3-H-1.3 ; 3-H-1.4 ; 5-H-1.2 ; 5-H-1.3 ; 5-H-2.3 ; 6-H-1.3 ; 6- H-2.6 ; 3-H-1.5

LEARNING OBJECTIVES:

1. Describe why maintaining a healthy weight and body composition is important.
2. Explain strategies an individual could use to maintain a healthy weight and body composition.
3. Describe the causes, symptoms, and harmful effects of eating disorders.
4. Analyze how the media influences perceptions about body image and attractiveness.
5. Explain how physical activity contributes to overall health.
6. Describe barriers to maintaining good physical health.
7. Describe the risks and negative effects of performance-enhancing drugs.
8. Explain the characteristics of a safe physical fitness plan.
9. Explain the role of the endocrine system in adolescent development.
10. Describe the benefits of abstinence.
11. Identify potential consequences of sexual activity.

ACTIVITIES (In sequential order):

Monday	<ul style="list-style-type: none">• Teacher Inservice
Tuesday	<ul style="list-style-type: none">• Instruction Maintaining a Healthy Body Composition and Body Image (28 mins)• Assignment Maintaining a Healthy Body Composition and Body Image (13 mins)• Assignment Maintaining a Healthy Body Composition and Body Image (12 mins)
Wednesday	<ul style="list-style-type: none">• Quiz Maintaining a Healthy Body Composition and Body Image (15 mins)• Instruction Physical Fitness & Health (17mins)• Assignment Physical Fitness & Health (10 mins)
Thursday	<ul style="list-style-type: none">• Quiz Physical Fitness & Health (15 mins)• Unit Test (40 mins)
Friday	<ul style="list-style-type: none">• Finish Unit Test (15 mins)• Instruction Adolescent Development (23 mins)

ACCOMMODATIONS for STUDENTS WITH SPECIAL NEEDS:

- Preferential seating for students with hearing or visual impairments, and required accommodations.

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- Extended time on assignments and tests for resource students and students with accommodations.
- Resource students allowed to test in resource as requested by resource teacher.
- Oral, visual, and written tasks to accommodate different learning styles.

INDIVIDUAL/COOPERATIVE GROUPS:

Large group activity: Ex. class discussions

Small group activity: Ex. thinking maps, listening activity

Individual activity: Ex. study guide, entry assignments, exam

ASSESSMENT FORMAT (Informal, formal, or alternative):

Informal: ☒ Teacher observation ☐ Entry cards ☒ Class discussions Other:

Formal: ☒ Section Completion ☒ Test ☒ Presentation Other:
Check

RETEACHING:

ENRICHMENT:

SAMPLE ASSESSMENT ITEMS: