

# OUACHITA PARISH SCHOOL SYSTEM

## Weekly Lesson Plan

2022-2023

Marcus Hogg

**SUBJECT:** Health

**PERIOD(S):** 1st , 2nd

**DATE(S):** September 12th - September 16th

**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-1.3 , 2-H-1.5. , 2-H-1.6. , 2-H-2.3 ,3-H-1.1 , 5-H-3.1. , 5-H-3.2. , 6-H-1.2. , 6-H-2.3. , 6-H-2.4. , 6-H-2.5. , 7-H-2.1.**

**LEARNING OBJECTIVES:**

1. Describe ways that communities promote good nutrition and physical fitness.
2. Explain how individuals can advocate for good nutrition and physical fitness.
3. Describe how to use a decision-making process to select healthy food and beverages.
4. Explain proper food purchasing, preparation, and storage procedures.
5. Use nutrition information on food labels to compare and select products.
6. Describe why maintaining a healthy weight and body composition is important.
7. Explain strategies an individual could use to maintain a healthy weight and body composition.
8. Describe the causes, symptoms, and harmful effects of eating disorders.
9. Analyze how the media influences perceptions about body image and attractiveness.
10. Explain how physical activity contributes to overall health.
11. Describe barriers to maintaining good physical health.
12. Describe the risks and negative effects of performance-enhancing drugs.
13. Explain the characteristics of a safe physical fitness plan.

**ACTIVITIES (In sequential order):**

<b>Monday</b>	<ul style="list-style-type: none"><li>● Instruction- Edgenuity Lesson Nutrition &amp; Physical Fitness in Your Community 25 mins</li><li>● Activity- Assignment Edgenuity 17 min</li><li>● Quiz 15 mins</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● Finish Quiz 15mins</li><li>● Instruction- Edgenuity Lesson Choosing Healthy Foods 17 mins</li><li>● Activity- Assignment Edgenuity 13 min</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>● Quiz 15 mins</li><li>● Instruction Maintaining a Healthy Body Composition &amp; Body Image 28 mins</li><li>● Activity- Assignment Edgenuity 13 min</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● Activity- Assignment Edgenuity 12 min</li><li>● Quiz 15 mins</li><li>● Instruction Physical Fitness &amp; Health 17 mins</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>● Activity- Assignment Edgenuity 10 mins</li><li>● Quiz 15 mins</li></ul>

**ACCOMMODATIONS for STUDENTS WITH SPECIAL NEEDS:**

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

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- 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:**