

Health Class/Periods 4

Health Class/Classroom Instruction Health Education

Month	NE State Standard/Benchmark (all standards and "sub-standards"/indicators must be accounted for) Bold all standards assessed on NeSA	Learning Activities	Evaluation Techniques	Resources (Specific textbook chapters, website, videos, activities, novels, etc.)	Ne Academic Standards (non-core areas)
Aug.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8	Chapter 1 What is Health, What influences health, Health Risk Chapter 2 and 3 Building Health Skills, Making responsible Decision, Setting Personal Goals, Character in Actions, Physical Activity and health, Skeletal and Muscular System.	Test, Quizzes, Daily Assignments.	Chapter 1 Health Book	NO State Standards. I Did list National Standards.
Sep.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 2 and 3 Building Health Skills, Making responsible Decision, Setting Personal Goals, Character in Actions, Physical Activity and health, Skeletal and Muscular System.	Test, Quizzes, Daily Assignments.	Chapter 2 and 3 Health Book	NO State Standards. I Did list National Standards.
Oct.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 4 Foot and Nutrition, (Nutrients, Food Guide Pyramid, Digestive System. Chapter 5, (caring for teeth, skin, hair nails)	Test, Quizzes, Daily Assignments.	Chapter 4 and 5 Health Book, Brain Pop(Hygiene)	NO State Standards. I Did list National Standards.
Nov.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 6 Growth and Development. (Adolescence, Male reproductive system,	Test, Quizzes, Daily Assignments.	Chapter 6 Lessons 1-5	NO State Standards. I Did list National Standards.

Dec.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Female reproductive system, human Development, making the most of your teen years. Chapter 7 Mental and Emotional Health (What is mental health, Your Emotions, Managing Stress)	Test, Quizzes, Daily Assignments.	Chapter 7 Lesson 1-4	NO State Standards. I Did list National Standards.
Jan.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 8 Social Health (Developing Communication Skills, Understanding Family Relationships, Friendships,)	. Test, Quizzes, Daily Assignments.	Chapter 8 Lesson 1-4	NO State Standards. I Did list National Standards.
Feb.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 9 Resolving conflict and preventing violence (Conflicts at home and at school, Conflict resolution skills, Preventing Violence, Dealing with abuse and finding help)	Test, Quizzes, Daily Assignments.	Chapter 9 Lesson 1-4	NO State Standards. I Did list National Standards.
Mar.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 10 Tobacco (What tobacco does to body, Respiratory System, Teens and addiction, Avoiding tobacco)	Test, Quizzes, Daily Assignments.	Chapter 9 Lesson 1-4	NO State Standards. I Did list National Standards.
Apr.	PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,	Chapter 11 Drugs and Alcohol (Using medicine safely, Alcohol use and abuse, The nervous	Test, Quizzes, Daily Assignments.	Chapter 11 Lesson 1-5 Chapter 12 Lesson 1-5	NO State Standards. I Did list National Standards.

		<p>system,) Chapter 12 Understanding Communicable Diseases (Causes of Diseases, The immune System, Communicable Diseases, Sexually Transmitted diseases)</p>			
<p>May</p>	<p>PE 2-9.1, PE2-9.2, PE2-9.3, PE2-9.4, PE2-9.5, PE2-9.6, PE2-9.7, PE2-9.8,</p>	<p>Chapter 13 Non communicable Diseases(Allergies, asthma, Understanding Cancer, Heart Disease</p>	<p>Test, Quizzes, Daily Assignments.</p>	<p>Chapter 13 Lesson 1-4</p>	<p>NO State Standards. I Did list National Standards.</p>

Weights Class/Periods 1-5-6

Course/Class Description:

Month	NE State Standard/Benchmark (all standards and "sub-standards"/indicators must be accounted for) Bold all standards assessed on NeSA	Learning Activities	Evaluation Techniques	Resources (Specific textbook chapters, website, videos, activities, novels, etc.)	Ne Academic Standards (non-core areas)
Aug.	PE 3-10.1, 3-10.2, 3	Plyometric Workout 2 day per week. 2 day per week do a Lifting Program. 2 sets of 10	Each students has a folder and marks completion of his or her workout. Teacher will evaluate each student mainly on Participation and Completion of Workout.	Bigger Faster Stronger Program. I will also keep up to date with the new fads of weight training and conditioning. This will help to keep kids interested in the program.	NO State Standards. I Did list National Standards.
Sep.	PE 3-10.1, 3-10.2, 3	Plyometric Workout 2 day per week. 2 day per week do a Lifting Program. 2 sets of 10	Each students has a folder and marks completion of his or her workout. Teacher will	Bigger Faster Stronger Program. I will also keep up to date with the new fads of weight training and conditioning. This will help to keep kids interested in the program.	NO State Standards. I Did list National Standards.

		<p>evaluate each student mainly on Participation and Completion of Workout.</p>			<p>NO State Standards. I Did list National Standards.</p>
<p>Oct.</p>	<p>PE 3-10.1, 3-10.2, 3</p>	<p>Each students has a folder and marks completion of his or her workout. Teacher will evaluate each student mainly on Participation and Completion of Workout.</p>	<p>Plyometric Workout 2 day per week. 2 day per week do a Lifting Program. 2 sets of 10</p>	<p>Bigger Faster Stronger Program. I will also keep up to date with the new fads of weight training and conditioning. This will help to keep kids interested in the program.</p>	
<p>Nov.</p>	<p>PE 3-10.1, 3-10.3, 3-10.4, 3-10.5, 3-10.6, 5-10.1-6,</p>	<p>Each students has a folder and track progress and monitors success. Teacher evaluates completion and participation.</p>	<p>In November we will take a week off and do a variety of games. Then we will max out and to pyramid work out. (8-6-4-3-2-1) for core lift and 2 sets of 10 for auxillary lift.</p>	<p>Iowa program based on a pyramid that I have incorporated into our program. It give variety to the weight program.</p>	<p>NO State Standards. I Did list National Standards.</p>
<p>Dec.</p>	<p>PE 3-10.1, 3-10.3, 3-10.4, 3-10.5, 3-10.6, 5-10.1-6,</p>	<p>Each students has a folder</p>	<p>In November we will take a week off and do a</p>	<p>Iowa program based on a pyramid that I have incorporated into our program. It give</p>	<p>NO State Standards. I Did list National</p>

			variety of games. Then we will max out and to pyramid work out. (8-6-4-3-2-1) for core lift and 2 sets of 10 for auxillary lift.	and track progress and monitors success. Teacher evaluates completion and participation. Each student has a folder and track progress and monitors success. Teacher evaluates completion and participation.	variety to the weight program.	Standards.
Jan.	PE 3-10.1, 3-10.3, 3-10.4, 3-10.5,3-10.6, 5-10.1-6,	In November we will take a week off and do a variety of games. Then we will max out and to pyramid work out. (8-6-4-3-2-1) for core lift and 2 sets of 10 for auxillary lift.	Each student has a folder and track progress and monitors success. Teacher evaluates completion and participation.	lowa program based on a pyramid that I have incorporated into our program. It give variety to the weight program.	NO State Standards. I Did list National Standards.	
Feb.	PE 3-10.1, 3-10.3, 3-10.4, 3-10.5,3-10.6, 5-10.1-6,	In November we will take a week off and do a variety of games. Then we will max out and to pyramid work out. (8-6-4-3-2-1) for core lift and 2 sets of 10 for auxillary lift.	Each student has a folder and track progress and monitors success. Teacher evaluates completion and participation.	lowa program based on a pyramid that I have incorporated into our program. It give variety to the weight program.	NO State Standards. I Did list National Standards.	
Mar.	PE 3-10.1, 3-10.3, 3-10.4, 3-10.5,3-10.6, 5-10.1-6,	Remax and begin the Bigger faster stronger program. Build a base	Each student will have a folder and	Bigger Faster program. Divided into Phases. Base phase where student build muscle, Strength phase and Peak Phase.	NO State Standards. I Did list National Standards.	

		<p>phase, Strength phase and Peak Phase.</p>	<p>track progress through out the program. Teacher will monitor participation and completion of program. Max out after completion.</p>		
<p>Apr.</p>	<p>PE 3-10.1, 3-10.3, 3-10.4, 3-10.5, 3-10.6, 5-10.1-6,</p>	<p>Remax and begin the Bigger faster stronger program. Build a base phase, Strength phase and Peak Phase.</p>	<p>Each student will have a folder and track progress through out the program. Teacher will monitor participation and completion of program. Max out after completion</p>	<p>Bigger Faster program. Divided into Phases. Base phase where student build muscle, Strength phase and Peak Phase.</p>	<p>NO State Standards. I Did list National Standards.</p>
<p>May</p>	<p>PE 3-10.1, 3-10.3, 3-10.4, 3-10.5, 3-10.6, 5-10.1-6,</p>	<p>Remax and begin the Bigger faster stronger program. Build a base phase, Strength phase and Peak Phase.</p>	<p>Each student will have a folder and track progress through out the program. Teacher will monitor participation</p>	<p>Bigger Faster program. Divided into Phases. Base phase where student build muscle, Strength phase and Peak Phase.</p>	<p>NO State Standards. I Did list National Standards.</p>

			and completion of program. Max out after completion		
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Primary PE/Kindergarten, First and Second

Primary Physical Education/Kindergarten, First and Second:

Month	NE State Standard/Benchmark (all standards and "sub-standards"/indicators must be accounted for) Bold all standards assessed on NeSA	Learning Activities	Evaluation Techniques	Resources (Specific textbook chapters, website, videos, activities, novels, etc.)	Ne Academic Standards (non-core areas)
Aug.	PE K-1, PE 1-1, PE 1-2	Parachute Power Demonstrate Fundamental Movement patterns, Work arms, hand Shoulder, Waves, Hot potato, Igloo, Giants bowl, Verbal Commands	Teacher Check list, Verbal Response	I use my curriculum I wrote for Elgin. I used a variety of books. I still use Dynamic Physical Education for Kids.	No State Standards
Sep.	PE K-3, PE 1-3, PE 2-3	Flee and Chase Activities One and Two, Colors, Line Tag, capture Flag, k- Improves Health, and provides body awareness, enjoyment and challenge, Play with in boundaries. ETC	Teacher Check List, Verbal Response.	National Standards, My Curriculum that was matched to the National Standards.	No State Standards
Oct.	PE K-1, PE 1-1, PE 2-1, PE k-5, PE 1-5, PE 2-5	Having a Ball: Kids will use a variety of balls. They will learn to bounce, catch, throw, follow basic commands.	Teacher Check List, Verbal Response.	National Standards, My Curriculum that was matched to the National Standards	No State Standards

Nov.	PE K-1, PE 1-1, PE 2-1, PE k-5, PE 1-5, PE 2-5	Kick ball Dodge Ball, PIN BALL, t-ball(we will do T-ball in April and May) Having a Ball: Kids will use a variety of balls. They will learn to bounce, catch, throw, follow basic commands. Kick ball Dodge Ball, PIN BALL, t-ball(we will do T-ball in April and May)	Teacher Check List, Verbal Response.	National Standards, My Curriculum that was matched to the National Standards	No State Standards
Dec.	PE K-1, PE 1-1, PE 2-1, PE k-5, PE 1-5, PE 2-5, PEk-2, PE1-2, PE2-2, PEK-3, PE1-3, PE 2-3, PE K-4, PE1-4, PE2-4, PEK-5, PE1-5, PE2-5	Scooters and Scooter games Wiz Kid Stunts, Gymnastic Developes body and movement awareness, general coordination, balance, agility, strength and flexibility.	Teacher Check List, Verbal Response	National Standards, My Curriculum that was matched to the National Standards	No State Standards
Jan.	PE K-1, PE 1-1, PE 2-1, PE k-5, PE 1-5, PE 2-5, PEK-2, PE1-2, PE2-2, PEK-3, PE1-3, PE 2-3, PE K-4, PE1-4, PE2-4, PEK-5, PE1-5, PE2-5	Wiz Kid Stunts, Gymnastic Developes body and movement awareness, general coordination, balance, agility, strength and flexibility.	Teacher Check List, Verbal Response	National Standards, My Curriculum that was matched to the National Standards	No State Standards
Feb.	PE K-1, PE 1-1, PE 2-1, PE k-5, PE 1-5, PE 2-5, PEK-2, PE1-2, PE2-2, PEK-3, PE1-3, PE 2-3, PE K-4, PE1-4, PE2-4, PEK-5, PE1-5, PE2-5	Wiz Kid Stunts, Gymnastic Developes body and movement awareness, general coordination, balance, agility, strength and flexibility.	Teacher Check List, Verbal Response	National Standards, My Curriculum that was matched to the National Standards	No State Standards
Mar.	PE K-1, PE 1-1, PE 2-1, PE k-5, PE 1-5, PE 2-5, PEK-2, PE1-2, PE2-2, PEK-3, PE1-3, PE 2-3, PE K-4, PE1-4, PE2-4	Jump For Joy: Jump rope activities, Short ropes, Long Ropes, Variety jumping Skills, (one leg,	Teacher Check List, Verbal Response	National Standards, My Curriculum that was matched to the National Standards	No State Standards

	4, PEK-5, PE1-5, PE2-5	two legs, fast, slow, Side to side, ETC)	Teacher Check List, Verbal Response	National Standards, My Curriculum that was matched to the National Standards	No State Standards
Apr.	PE K-1, PE 1-1, PE 2-1, PE K-5, PE 1-5, PE 2-5, PEK-2, PE1-2, PE2-2, PEK-3, PE1-3, PE2-3, PE K-4, PE1-4, PE2-4, PEK-5, PE1-5, PE2-5	Hula Hoops, Primary students will be experimenting with hula hoops while continuing to practice and improve the basic locomotor movements. Walk, hopping, side slide, skip, leap, (Skills- spinning, jumping, back spinning,) (Bean Bag Boogie, Use bean bags to develop eye hand coordination,) (Having a Ball, throwing at target, refine basic throwing skills, using a Round ball, football, bean bags,)(striking skills- baseball, rag ball, Wiffle ball)	Teacher Check List, Verbal Response	National Standards, My Curriculum that was matched to the National Standards	No State Standards
May	PE K-1, PE 1-1, PE 2-1, PE K-5, PE 1-5, PE 2-5, PEK-2, PE1-2, PE2-2, PEK-3, PE1-3, PE2-3, PE K-4, PE1-4, PE2-4, PEK-5, PE1-5, PE2-5				