| **DATE** | **ASSIGNMENTS** | **DUE DATES/DEADLINES**  **\* Required for ALL students** |
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| **8/31/2015**  **Monday**  **Special Schedule** | **VMS OPEN HOUSE** |  |
| **9/1**  **Tuesday**  **Black Day** | ***Essential Question:* How does accessing health information enhance healthy living?**  *Warm-Up*: Get to Know You activity  *Classwork*: Discuss Classroom Procedures, Routines & Syllabus; Health Pre-Assessment (Formative assessment only) | \* Return syllabus signature, asap |
| **9/3**  **Thursday**  **Black Day**  **Early Release** | **Essential Question: How does accessing health information enhance healthy living?**  *Warm-Up*: Get to Know You activity  *Classwork:* Nutrition and the Classroom Garden Project | \* Return syllabus signature, asap |
| **9/7** | **HOLIDAY – No School** |  |
| **9/8**  **Tuesday**  **Black Day** | **Essential Question: How does accessing health information enhance healthy living?**  *Warm-up:* What is stress? What causes stress? How can you de-stress?  *Classwork:* Take notes as the class discusses Stress. See Powerpoint on WEEBLY (go to the Health section on the Weebly under the “more” tab). Watch Brainpop video on Stress ([www.brainpop.com](http://www.brainpop.com)) | \* No Homework |
| **9/10**  **Thursday**  **Black Day**  **Early Release** | **Essential Question: What are healthful strategies to assess and manage stress?**  *Warm-Up:* What are four factors that help a person avoid stress?  *Classwork:* Nutrition and the Classroom Garden Project – Watch Brainpop video on Nutrition (www.brainpop.com) . Visit school Garden and learn about what is planted and how to maintain a healthy garden. | \* No Homework |
| **9/14**  **Monday**  **Black Day** | **Essential Question: How does accessing health information enhance healthy living?**  *Warm-Up*: Review the four factors that help a person avoid stress.  *Classwork*: Complete Inside the Pyramid online activity. Use [www.choosemyplate.gov](http://www.choosemyplate.gov) to access information about the essential food groups. Watch Brainpop video on Body Weight. | \* Visit the Choose My Plate website to see what  information you can access:  [www.choosemyplate.gov](http://www.choosemyplate.gov) |
| **9/16**  **Wednesday**  **Black Day** | **Essential Question: How does accessing health information enhance healthy living?**  *Warm-Up*: Folder organization & Grading. Review the four factors that help a person avoid stress.  *Classwork*: Complete About the Food Groups online activity. Use [www.choosemyplate.gov](http://www.choosemyplate.gov) to access information about the essential food groups. | \* Bring in FOOD LABELS (at least 2) |
| **9/18**  **Friday**  **Black Day** | **Essential Question: How does accessing health information enhance healthy living?**  *Warm-up:* Organize folder for grading. Log-in to WEEBLY to preview Health 6 section. Continue review of the Food Groups.  *Classwork*: Go to WEEBLY to set-up and access SuperTracker. You will be required to create a profile and use the FOOD TRACKER and PHYSICAL ACTIVITIES for ONE WEEK. We will be in the computer lab on Tuesday next week to enter data. KEEP A LOG OF ALL FOODS EATEN AND PHYSICAL ACTIVITY FOR ONE WEEK!!! | \* Bring in FOOD LABELS (at least 2)  **\* KEEP A LOG OF ALL FOODS EATEN AND PHYSICAL**  **ACTIVITY FOR ONE WEEK!!!** |
| **9/22**  **Tuesday**  **Black Day** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Organize folder for grading. Log-in to WEEBLY to preview Health 6 section. Continue review of the Food Groups.  *Classwork*: Go to WEEBLY to set-up and access SuperTracker. You will be required to create a profile and use the FOOD TRACKER and PHYSICAL ACTIVITIES for ONE WEEK. We will be in the computer lab on Monday next week to enter data. KEEP A LOG OF ALL FOODS EATEN AND PHYSICAL ACTIVITY FOR ONE WEEK!!! **https://www.supertracker.usda.gov/** | \* Bring in FOOD LABELS (at least 2)  **\* KEEP A LOG OF ALL FOODS EATEN AND PHYSICAL**  **ACTIVITY FOR ONE WEEK!!!** |
| **9/24**  **Thursday**  **Black Day**  **Early Release** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Organize folder for grading. Log-in to WEEBLY to preview Health 6 section. Read about The Essential Nutrients on pages 268 – 271 in Health textbook.  *Classwork:* Work in small groups to illustrate The Essential Nutrients (Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water). Watch Brainpop video on Digestive System & Metabolism | **\* KEEP A LOG OF ALL FOODS EATEN AND PHYSICAL**  **ACTIVITY FOR ONE WEEK!!!**  **Record in SUPERTRACKER** [**https://www.supertracker.usda.gov/**](https://www.supertracker.usda.gov/)  You can also access this website from the WEEBLY |
| **9/28**  **Monday**  **Black Day** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Go to WEEBLY to set-up and access SuperTracker.  *Classwork*: Enter your weekly Food Intake and Physical Activity into the SuperTracker **<https://www.supertracker.usda.gov/>.** What is not completed in class will need to be completed for homework. | **The following assignments are overdue and must be completed no later than Friday, October 2 for credit:**   * **Notes on Stress** * **Inside the Food Pyramid Worksheet** * **About the Food Groups worksheet** * **Food labels (bring in 2)** * **SuperTracker (one week of entries)** |
| **9/30**  **Wednesday**  **Black Day** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Pick up The Essential Nutrients poster  *Classwork:* Work in small groups to illustrate The Essential Nutrients (Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water). | **The following assignments are overdue and must be completed no later than Friday, October 2 for credit:**   * **Notes on Stress** * **Inside the Food Pyramid Worksheet** * **About the Food Groups worksheet** * **Food labels (bring in 2)** * **SuperTracker (one week of entries)** |
| **10/2**  **Friday**  **Black Day** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Log-in to SuperTracker and review weekly Food Intake  *Classwork:* Analyze Food Intake and select the healthiest day and a day that could use some improvement. Copy and paste results onto a document and write 2 – 3 statements about the good choices that you made and areas that could use some improvement. Print out or share results in Google. | * Analysis of 2 days of Food Intake |
| **10/6**  **Tuesday**  **Black Day** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Complete The Essential Nutrients posters  *Classwork:* Share The Essential Nutrients posters with the class. Watch Bill Nye video on Nutrition and take QUIZ | * Analysis of 2 days of Food Intake |
| **10/8**  **Thursday**  **Black Day**  **Early Release** | **Essential Question: How does healthful nutrition and physical activity contribute to growth and energy and prevent chronic diseases?**  *Warm-up:* Review How to Read Food Labels  *Classwork:* Select two food labels to analyze. Decide if the food is considered a healthy food choice. | * Analysis of 2 days of Food Intake |
| **10/9** | **NO SCHOOL for Students - Teacher Work Day** |  |
| **10/12** | **HOLIDAY – No School** |  |
| **10/14**  **Wednesday**  **Black Day** | **Essential Question: How does practicing personal hygiene, health habits, and health promotion lead to lifelong wellness?**  *Classwork:* Read about health and wellness from the textbook. Discuss Self Esteem (Chapter 3, page 44) and Body Image (Chapter 4, page 60). Watch *Brainpop* videos on Personal Health. | * No Homework |
| **10/16**  **Friday**  **Black Day** | **Essential Question: How does practicing personal hygiene, health habits, and health promotion lead to lifelong wellness?**  *Classwork:*  Read about the Body Systems in textbook pages 164 – 185. Complete the packet on Body Systems. | * No Homework   (we will finish the assignment in class) |
| **10/20**  **Tuesday**  **Black Day** | **Essential Question: How do you deal with peer pressure, conflict, and bullying?**  *Classwork:* Guest Speaker – Mrs. Kabonick, VMS Counselor | * No Homework |
| **10/22**  **Thursday**  **Black Day**  **Early Release** | **Essential Question: How does practicing personal hygiene, health habits, and health promotion lead to lifelong wellness?**  *Classwork:*  Read about the Body Systems in textbook pages 164 – 185. Complete the packet on Body Systems. | * No Homework |
| **10/26**  **Monday**  **Black Day** | **Essential Question: What are non-communicable and communicable diseases of adolescents and adults?**  *Classwork:* Define and identify non-communicable and communicable diseases. Watch *Brainpop* video on Vaccinations (discuss Flu vaccinations). Watch and discuss Bill Nye video on Germs. | * No Homework |
| **10/28**  **Wednesday**  **Black Day** | **Essential Question: What are the consequences for tobacco, alcohol, and other drug use? What are ways to say no to types of peer pressure?**  *Classwork:* Students will watch and discuss *Brainpop* videos on Peer Pressure, Smoking, Alcohol, and Addiction. | * No Homework |
| **10/30**  **Friday**  **Black Day** | **Essential Question: How does practicing personal hygiene, health habits, and health promotion lead to lifelong wellness?**  *Classwork:* Students will learn about the Circulatory system and the Respiratory system. | Preview the materials provided regarding Family Life and Human Sexuality. |
| **11/3**  **Tuesday**  **Black Day** | **Essential Question: How do developmental changes prepare one for adult roles in the family and society?**  *Classwork:* Family Life and Human Sexuality (Boys with Mr. Brown & Mr. Hoff, Girls with Ms. Stephenson and Ms. Thomas). | * No Homework |
| **11/5**  **Thursday**  **Black Day**  **Early Release** | **Essential Question: What are ways to follow safe practices to prevent injury?**  *Classwork:* Watch and discuss Brainpop videos on First Aid, CPR, Burns, Broken Bones, Bruises, and Bicycle Safety. | **End of Quarter**  **Students will begin a new wheel class on Monday** |
| **11/6** | **NO SCHOOL for Students - Teacher Work Day – END OF FIRST QUARTER** |  |