**Week Beginning: January (27 – 31), 2025**

**Teacher: REICHARDT**

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|  | **Health Class** | **7th/8th & 9th/10th Physical Education** | **Elementary Physical Education** |
| Monday | **Go over Chapter 1 Section 3. Work on Chapter 1 Section 3 worksheet. Take quiz on Chapter 1 Section 3. Discuss: Being a Wise Health Consumer.. Assign Chapter 1 Section 4 p.24 (1-5).**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups**  **7th/8th - Volleyball Games.**  **9th/10th – Physical Fitness Testing.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups**  **4th – 6th - Basketball Games**  **Work on muscular strength and endurance, teamwork, proprioception, arm strength, leg strength and basketball skills.** |
| Tuesday | **Correct Chapter 1 Lesson 4 p.24 (1-5). Take Quiz on Chapter 1 Lesson 4. Assign Chapter 1 Review Questions p.26 (1-18).**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups**  **7th/8th - Volleyball Games.**  **9th/10th – Physical Fitness Testing.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups**  **4th – 6th - Basketball Games**  **Work on muscular strength and endurance, teamwork, proprioception, arm strength, leg strength and basketball skills**. |
| Wednesday | **Correct Chapter 1 Review Questions p. 26 (1-18). Take Test on Chapter 1. Go over Test. Assign Chapter 2 Lesson 1 p. 35 (1-5).**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups**  **7th/8th - Volleyball Games.**  **9th/10th – Physical Fitness Testing.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups**  **4th – 6th - Basketball Games**  **Work on muscular strength and endurance, teamwork, proprioception, arm strength, leg strength and basketball skills.** |

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|  | **Health Class** | **7th/8th & 9th/10th Physical Education** | **Elementary Physical Education** |
| Thursday | **Correct Chapter 2 Lesson 1 p.35 (1-5). Take Quiz on Chapter 2 Lesson 1. Discuss: Personality. Assign Chapter 2 Lesson 2 p.41 (1-5).**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups**  **7th/8th - Volleyball Games.**  **9th/10th – Physical Fitness Testing.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups**  **4th – 6th - Basketball Games**  **Work on muscular strength and endurance, teamwork, proprioception, arm strength, leg strength and basketball skills.** |
| Friday | **Correct Chapter 2 Lesson 2 p.41 (1-5). Take Quiz on Chapter 2 Lesson 2. Discuss: Expressing your Emotions. Assign Chapter 2 Lesson 3 p.50 (1-5).**  **A (1-7) C (1-4) E (1-4) G (1-5)**  **B (1-6) D (1-6) F (1-6)** | **Attendance, Warm-Ups**  **7th/8th - Volleyball Games.**  **9th/10th – Physical Fitness Testing.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-Ups**  **4th – 6th - Basketball Games**  **Work on muscular strength and endurance, teamwork, proprioception, arm strength, leg strength and basketball skills.** |