**Week Beginning: March (17-21), 2025**

**Teacher: REICHARDT**

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|  | **Health Class** | **7th&8th/9th&10th Physical Education** | **Elementary Physical Education** |
| Monday | **Correct Chapter 8 Section 1 p.199 (1-5). Take Quiz on Chapter 8 Section 1. Discuss: Carbohydrates, Fats, and Proteins. Assign Chapter 8 Section 2 p. 209 (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 – Alaskan Softball****9th/10th – Floor Hockey Games** **A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups****4th – 6th - Indoor Soccer** **Work on listening skills, running skills, muscular endurance, teamwork, soccer skills, cardiovascular endurance and kicking skills.**  |
| Tuesday | **Correct Chapter 8 Section 2 p.209 (1-5). Take Quiz on Chapter 8 Section 2. Discuss: Vitamins, Minerals, and Water. Assign Chapter 8 Section 3 p. 214 (1-4).****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 – Alaskan Softball** **9th/10th – Floor Hockey Games** **A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups****4th – 6th – Indoor Soccer** **Work on listening skills, running skills, muscular endurance, teamwork, soccer skills, cardiovascular endurance and kicking skills.**  |
| Wednesday | **Correct Chapter 8 Section 3 p.214 (1-4). Take Quiz on Chapter 8 Section 3. Discuss: Guidelines for Healthful Eating. Assign Chapter 8 Review Questions p.216 (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 – Alaskan Softball Written Test****9th/10th – Floor Hockey Games** **A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups****4th – 6th - Indoor Soccer** **Work on listening skills, running skills, muscular endurance, teamwork, soccer skills, cardiovascular endurance and kicking skills.**  |

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|  | **Health Class** | **7th&8th/9th&10th Physical Education** | **Elementary Physical Education** |
| Thursday | **Correct Chapter 8 Review Questions p.216 (1-18). Study for Chapter 8 Written Test. Take Test. Assign Chapter 9 Section 1 p. 223 (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 – Alaskan Softball Written Test****9th/10th – Floor Hockey Games** **A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups****4th – 6th – Indoor Soccer** **Work on listening skills, running skills, muscular endurance, teamwork, soccer skills, cardiovascular endurance and kicking skills.**  |
| Friday | **Correct Chapter 9 Section 1 p.223 (1-5). Take Quiz on Chapter 9 Section 1. Discuss: Choosing Food Wisely. Assign Chapter 9 Section 2 p.232 (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 – Floor Hockey Games****9th/10th – Floor Hockey Games** **A (1-4) C (3) E (1-5)****B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups****4th – 6th – Indoor Soccer** **Work on listening skills, running skills, muscular endurance, teamwork, soccer skills, cardiovascular endurance and kicking skills.**  |