**Week Beginning: September 29 - October 3, 2025**

**Teacher: REICHARDT**

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|  | **Health Class** | **Junior High Physical Education** | **Elementary Physical Education** |
| Monday | **Correct Chapter 7 Review Questions p. 186 (1-16). Study for Chapter 7 Test. Take Test. Assign Chapter 8 Section 1 p.199 (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**  **Soccer Rules and Games.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups**  **4th – 6th - Indoors – Kickball.**  **Outdoors –Kickball.**  **Work on listening skills, running skills, muscular endurance, teamwork, kickball skills, cardiovascular endurance and kicking skills.** |
| Tuesday | **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**  **Soccer Rules and Games.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups**  **4th – 6th - Indoors – Kickball.**  **Outdoors –Kickball.**  **Work on listening skills, running skills, muscular endurance, teamwork, kickball skills, cardiovascular endurance and kicking skills.** |
| Wednesday | **NO SCHOOL** | **TEACHER** | **IN – SERVICE.** |

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|  | **Health Class** | **Junior High Physical Education** | **Elementary Physical Education** |
| Thursday | **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**  **Soccer Games.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups**  **4th – 6th - Indoors – Kickball.**  **Outdoors –Kickball.**  **Work on listening skills, running skills, muscular endurance, teamwork, kickball skills, cardiovascular endurance and kicking skills.** |
| Friday | **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**  **Soccer Games.**  **A (1-4) C (3) E (1-5)**  **B (2,3) D (1-4) G (1-4)** | **Attendance, Warm-ups**  **4th – 6th - Indoors – Kickball.**  **Outdoors –Kickball.**  **Work on listening skills, running skills, muscular endurance, teamwork, kickball skills, cardiovascular endurance and kicking skills.** |