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|  | **Coach Savage’s Lesson Plans****Week of September 18th-22nd**

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| Health |

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| **Health** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Materials** | Textbook and worksheet | Drawing paper | Worksheet page |  | Cooked |
| **Standard****(s)** | **H. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.** Examine the potential health risks related to one or more of the following behaviors (physical inactivity, tobacco use, violence.). | **H. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.** Examine the potential health risks related to one or more of the following behaviors (physical inactivity, tobacco use, violence.). | **H. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.** Examine the potential health risks related to one or more of the following behaviors (physical inactivity, tobacco use, violence.). | **H. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.**Examine the potential health risks related to one or more of the following behaviors (physical inactivity, tobacco use, violence.). | **D. Describe how family history can affect personal health.** Describe how family dietary behaviors can impact health and quality of life. |
| **Opening (Warm-up)** | Roll call. Introduce Alcohol | Roll call.Review long and short-term effects of alcohol | Roll call.Introduce tobacco | Roll call.Review negative effects of tobacco | Roll call |
| **Work Session** | TSW read pages 282-285 and 286-290, which will discuss long and short term effects of alcohol | TT and TSW use a website to watch documentaries and learn more about alcohol | TSW read pages 311-314, which will discuss the negative effects of tobacco | TSW read pages 315-318 on tobacco. | TSW watch Cooked (water episode) |
| **Closing** | TSW complete a worksheet reviewing the information | Class discussion | TSW draw a cigarette and then label the harmful parts | TSW write a letter to a fictitious friend on how to quit smoking | TSW watch Cooked (water episode) |
| **Homework** | No homework | No homework | No homework | No homework | No homework |

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