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|  | **Coach Savage’s Lesson Plans**  **Week of September 18th-22nd**   |  | | --- | | Health |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **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 | | Description: Description: Description: Description: 0 |
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