

January 2019

December '18							February '19						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	8	1	2	3	4	5	6	7
9	10	11	12	13	14	15	8	9	10	11	12	13	14
16	17	18	19	20	21	22	15	16	17	18	19	20	21
23	24	25	26	27	28	29	22	23	24	25	26	27	28
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 No School Today	2 No School Today	3 No School Today	4 No School Today	5
6	7 No School Today	8 No School Today	9 No School Today	10 No School Today	11 No School Today	12
13 Week 23 28 Points	14 Welcome Back Obj. Review rules, procedures, and expectations.	15 Winter Sports Intro Obj. Complete the winter sports word search, then do the research worksheet in Google Classroom.	16 4th Period MAP Testing Obj. Prepare for your future Students will be testing in 4th period today.	17 Hockey Introduction Obj. Understand the rules history, and globalization of softball.	18 1st Day of dressing Cardio Walk & "Minute to Win It" Activity Obj. Improve Cardio. Endurance & demonstrate collaboration	19
20 Week 24 30 Points	21 No School Today	22 Mile Run Run 4, walk 1 & record time & sign up for Friday. Obj. Improve Cardiovascular Endurance	23 4th Period MAP Testing Obj. Prepare for your future Students will be testing in 4th period today.	24 Stick Handeling Obj. identify parts of a hockey stick and demonstrate proper handeling while moving.	25 Dribbling & Passing Obj. Dribble a puck from point A to point B. Make accurate passes while on the move.	26
27 Week 25 50 Points	28 Dribbling & Passing Obj. Dribble a puck from point A to point B. Make accurate passes while on the move.	29 Shooting Obj. Shoot a ball with proper form and accuracy 3/4 tries.	30 Starting & Restarting a Game Obj. demonstrate offensive and defensive strategies when starting a game.	31 Cardio Walk Any extra laps = extra credit Obj. Improve Cardiovascular Endurance	1 Offence & Defense Strategies Obj. demonstrate offensive and defensive strategies in a game-like situation.	2
3	4	Notes * It is your responsibility to make up any missed work due to absense, medical, non-suit, or any other reasons * Tests will be based off of skills and information discussed in class. Videos and study guides will be available on the website to help you prepare for the tests.				