# Health & Fitness

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| Instructor | Ms. Lopez | Phone | 510-370-3334 |
| Office | Office | E-mail | [Melisa@silveroakmontessori.org](mailto:Melisa@silveroakmontessori.org) |
| Office Hours | 2:00pm-2:30pm or upon request |  | Quarter 3 |

### Objective:

Teaching nutrition to children throughout their educational experience is key to developing healthy eating habits. Nutrition concepts need to be reinforced throughout the year, and students can learn about food and nutrition as part of many subjects, including math, science, social studies, physical education, and health. Essential Understanding:

### General Guidelines:

## Lessons:

Lessons will be given in the first part of class or in the second part of class. You will have one lesson a week. If you are struggling with a concept it is your responsibility to review the lesson and ask questions. **It is a requirement to come to the lesson area and take notes**. I will be checking your notebook, making sure you are taking notes for credit. If you are absent on one of the days that there is a lesson it is your responsibility to get the notes either from google classroom or a peer.

## Individual Work/ Group Work:

25% of your grade is based on completing the assignments that will be assigned to you after every lesson. All assignments will be out of 10 points and assignments will be collected every week (Wednesdays). Use your class time properly, if you do not understand the individual work it is a good time for you to ask help from either your peers or me. **You must show work to receive full credit.**  If your team completes the group work however, you did not participate you will be getting no credit for that assignment. **You will not be able to make up any group work**.

## Final/Assessments:

25% of your grade is based on assessments and your final**. You will be able to use your notebook during the assessments and final.** You must make at least 70% to ‘pass’ the assessment. If you do not pass an assessment you may choose to retake a similar assessment however, you will not be allowed to use notes. You may also do test corrections for half of the remaining of the credit missed. You will not be able to make up the final exam nor make corrections on the final exam.

## Dressing out:

25% of your grade is based on dressing out. You will have to dress out every Wednesday in both morning and afternoon parts of the class. Dressing out includes: SOHS shirts, sweat pants, shorts, or yoga pants, and running shoes. If you are wearing a sweater it will have to be a SOHS hoodie or underneath the shirt.

## Participation:

25% of your grade is based on participation. Participation will be out of 10 points possible, every time I look at you and you are just standing around and not participation a point will be deducted.

## Late Policy:

You will be able to make up any work if you have an **excused absent** for full credit and will be given extra days equal to the amount of days missed. If you need an extension you must email me **before** the day that the assignment is due. If I see that you are not using your class time properly you will not be given the extended time. If you get the extended time you will be able to receive full credit. If you turn in your assignment late without an extension you will be given a 7 out of 10 (C).

### Goals:

Learn about Health, diet and physical

### Requirements:

No-Bake Oatmeal Energy Bite Recipes

### Course Schedule:

| Week | Guiding Question | Topic | Individual Work |
| --- | --- | --- | --- |
| January 17th | **What is nutrition?** | **AM**: Introduction  **PM:** Beginner Cardio Workout | **Vocabulary:**  -Macronutrients  -Micronutrients  **-WORKSHEET ON MACRONUTRIENTS AND MICRONUTRIENTS**  **DUE: Wednesday January 24th at 2:00 pm** |
| January 24th | **What are some running tips?** | **AM**: Running tips for a healthier heart  **PM:** Intermediate Cardio Workout | **-GO ON A RUN OR WALK AND RECORD IT ON AN APP. (Try to get 10,000 steps)**  **DUE: Wednesday January 31st at 2:00pm** |
| QUIZ |  | **Wednesday** | **JANUARY 31st** |
| January 31st | **What is something the teen are struggling with?** | **AM**: Kids & Screen time  **PM:** MILE RUN | **-HOW MANY TIMES DID YOU USE YOUR PHONE, OR WATCHED TV? (Worksheet)**  **DUE: Wednesday February 7TH at 2:00pm** |
| February 7th | **What facility activities can be done during all four seasons?** | **AM**: Family Fitness Fun for All Four Seasons  **PM**: Penny Walk | **-FOUR SEASON WORKSHEET**  **DUE: Wednesday February 21st at 2:00pm** |
| February 21st | **What is Obesity?** | **AM:** Am I Obese? Or Am I Overweight?  **PM:** Beginner Aerobic | **-TAKE THE QUIZ AND SET A GOAL**  **DUE: Wednesday February 28th at 2:00pm** |
| MIDTERM I |  | **Wednesday** | **FEBRUARY 28th** |
| February 28th |  | **AM**: Midterm  **PM:** Intermediate Aerobic | **NONE!** |
| March 7th | **How does your metabolism change?** | **AM:** Wake-Up Your Metabolism  **PM**: Advance Aerobic | **-METABOLISM WORKSHEET**  **DUE: Wednesday March 21st at 2:00pm** |
| March 21st | **Are all snacks unhealthy?** | **AM**: Guilt-Free Game Day: Healthy Appetizer Options  **PM**: YOGA | **-TRY A HEALTHY APPETIZER**  **DUE: Wednesday March 28th at 2:00pm** |
| March 28th |  | **AM**: Rotations  **PM:** Super-Size Me |  |