**Mr. Smith’s Health Ed Lesson Plans for Week 1: 9/06 to 9/11/20**

**Hello everyone,**

**We will be working through Schoology this year. Below is a sample of the first week’s lesson plan. Current plans will be in Schoology.**

**Day/Date Activity**

Monday, 9/07 No School-Labor Day

Tuesday, 9/08 **Webex meetings for 4th, 5th, and 6th Hours:** Welcome to Health Ed! Today we will cover orientation, the student/parent agreement and begin our 3-day sleep and exercise studies. **Student/Parent Agreements are due on Tuesday, 9/15. Make sure to update your sleep and exercise studies tomorrow. We will complete them on Thursday.**

**Office Hours: 12:00 – 2:30**

Wednesday, 9/09 **Webex meetings for 1st, 2nd, and 3rd hours:**  Welcome to Health Ed! Today we will cover orientation, the student/parent agreement and begin our 3-day sleep and exercise studies. **Student/Parent Agreements are due on Tuesday, 9/15. Make sure to update your sleep and exercise studies tomorrow and Friday. We will complete them on next week**

**Office Hours: 12:00 – 2:30**

Thursday, 9/10 **Webex meetings for 4th, 5th, and 6th Hours:** We will complete our sleep and exercise studies, watch the short Discovery video “The need for Sleep”, and make Components of Wellness Diagrams.

**Office Hours: 12:00 – 2:30**

