

TIME	CLASS	PLAN
8:00-8:10 HOME ROOM	10A	Supervise 10A students in home room.
8:10-9:25 PERIOD 1	10 C	<p>HEALTH: Have students identify causes of stress in their lives. Organize students into small groups. Discuss reactions to stress, possible benefits of some stress, signs of too much stress and ways to handle stress. Share highlights of small group discussions.</p> <p>Have students create a poster to advise peers on how to handle stress.</p>
9:30-10:45 PERIOD 2	9A	Students will continue with the ongoing dance or aerobics project (refer to unit plan). Students will practice their routines and develop a written description of the routine.
10:50-12:10 PERIOD 3	9D	Introduce the dance or aerobics project to the class (see description in unit plan – lesson #1).
12:10-12:50 LUNCH		
12:55-2:10 PERIOD 4	10B	<p>HEALTH: Deliver lesson as outlined in period #1</p> <p>NOTE: Provide a range of magazines for Trevor to allow him to choose appropriate photos for a poster.</p>
2:10-3:30 EXTRA-CURRICULAR		Assist in the supervision of junior girls' lacrosse tryouts.
PERSONAL REFLECTION		
SUCCESES	<i>Stress discussion went well – good opportunity for small group interactions.</i>	
CHANGES/REVISIONS	<i>Provide a variety of paper for students to develop their movement descriptions.</i>	