

Cedar Bluff Middle School
Wellness Syllabus 2016-17
Coach **Davis**

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|-----------------------|-----------------------------|--|--|
| Aug. 8-12 | Classroom - Gym - | Introduction and Rules/Procedures Pacer Test | |
| Aug. 15-19 | Classroom - Gym - | Health Triangle Gottcha - all goals | 6 th -Ch.1/7 th -Ch.1/8 th -Ch.1 |
| Aug. 22-26 | Classroom - Gym - | Decision-making & goals Floor Hockey | 6ht-Ch.1/7 th -Ch.2/8 th -Ch.2 |
| Aug. 29-Sept.2 | Classroom - Gym - | Physical Health/Wellness Soccer | 6th-Ch.5/7th-Ch.3/8th-Ch.9 |
| Sept. 6-9 Ch.4 | Classroom - Gym - | Mental/Emotional Health Ultimate Football | 6tth-Ch.2/7 th -Ch.7/8 th - |

Sept. 6—speaker Catlin Ensley

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| Sept. 12-16 | Classroom - Gym - | Personal Health/Hygiene Mass Games (capture the flag) | 6ht-Ch.4/7 th -Ch.5/8 th -Ch.14 |
| Sept. 19-23 | Classroom - Gym - | Social Health Net Games (hand ball) | 6 th -Ch.3/7 th -Ch.8/8 th -Ch.5 |
| Classroom - Substance Abuse Prevention Gym - | | 6th-Ch.8/7th-Ch.10/8th-Ch.11 Badminton | |

Sept. 27— speaker Devin Payne

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| Oct. 3-7 Ch.19 | Classroom - Gym - | Safety & First Aid Net Games (paddle ball) | 6 th -Ch.10/7 th -Ch.14/8 th - |
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Oct. 10-14 - FALL BREAK

Oct. 17-21

Classroom-Growth & Development 6th-Ch.6/7th- Ch.6/8thCh.15,16

Oct. 19,20– speaker

Lucas Hurd 6th & 8th grade

Oct. 20 – speaker

Paula Ellis -7th grade (Epilepsy)

Gym -

Pisagi

Oct. 24- 28

Classroom - Nutrition & Physical Activity 6th-Ch.5/7th-Ch.4/8th-Ch.8

Gym -

Pacer Test

Oct. 31-Nov. 4

Classroom -

Tobacco

Gym -

Basketball (skills)