**FR/PE Weekly Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GB |  |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| Game | Test | WR A | Game | WR B |
|  |  | Pickleball | Health | Pickleball |
|  | | | | |
| BB |  |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| Health | Test | Health | WR B | Game |
|  |  | Game |  | Pickleball |
|  |  |  |  |  |
| Wrestling |  | | | | |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| WR A | Test | WR B | Meet MHSAA | Pickleball |
|  |  | Pickleball | Health |  |
|  | | | | |
| Bowling | **Bowling** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| Game | Test | Health | Game | WR C/D |
|  |  | Game |  |  |
|  |  |  |  |  |
| NON | **Non Sport** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| WR A | Test | WR B | Health | WR C/D |
|  |  |  |  |  |
|  |  |  |  |  |
| Cheer | **Cheer** |  |  |  |  |
| *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* |
| WR A | Test | Health | WR B | Pickleball |
|  | Game |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Workout A** |  | **Reps** | **Workout B** |  | **Reps** |
| Bulgarian Split with Reach | | 1x8 E.L | Bench Press | | 2x12 |
| Single leg hops High knee Drive | | 1x10 E.L | Renegade Row | | 2x8 ea |
| DB front Squat | | 2x12 | Conventional Deadlift (SB) | | 2x4 |
| Single leg High reach RDL | | 2x5 E.L | Power Clean | | 2x4 |
| Box Runs | | 2x15 Seconds | Tricep Kickbacks | | 1x20 |
| Hip Bridge | | 3x20 Seconds | Crunches | | x50 |

**Health Test Tuesday**

**Chapter 19 and 20**

**Health Lesson:**

Chapter 21 Alcohol

Reading Assignment- Read Chapter 21: Lesson 1, 2 and 3 (Pg. 564 to 584)

Activity Assignment- Complete worksheet below

**Chapter 21 Worksheet**

**Vocab Assignment**

Ethanol-

Fermentations-

Depressant-

Intoxication-

Binge Drinking-

Alcohol Poisoning-

Psychological Dependence-

Physiological Dependence-

Alcohol Abuse-

Alcoholism-

Blood Alcohol Concentration (BAC)-

Fetal Alcohol Syndrome-

Alcoholic-

Recovery-

Sobriety-

Lesson 1

1. What are some health consequences of alcohol addiction?
2. What are some short-term effects of alcohol?
3. What are some factors that influence alcohol effects?
4. What can happen when mixing alcohol with other drugs?
5. What are some long term effects of drinking alcohol?
6. What is binge drinking? What can it lead to?
7. How does alcohol act as a depressant? If you experience mild or severe depression, what could you experience the next day?

Lesson 2

1. Why is there an age limit on alcohol use in the US and what is the age?
2. What is the difference between psychological dependence and physiological dependence?
3. Explain each factor that may influence alcohol use?
4. In what ways do companies use techniques to promote their products?
5. How can alcohol lead or encourage violence?
6. How can alcohol damage relationships, families, and your future?
7. What are the benefits of living alcohol free?
8. Give three examples how you can refuse alcohol.

Lesson 3: The Impact of Alcohol Abuse

1. Why is driving while intoxicated or driving drunk an unsafe behavior?
2. What does BAC stand for and what is the BAC limit in Michigan for a person under 21? What is the BAC limit for a person over 21?
3. What is FAS and what are the effects?
4. What are the 4 symptoms of alcoholism?
5. What are some things that contribute to alcoholism?
6. What are the stages of alcoholism?
7. What are some ways that you can help yourself or others if you find yourself victim to alcoholism?
8. Research- are you more likely to fall victim of alcoholism if you start at a young age? Why or why not?