

<p>Day 8 Topic: Marijuana/Catch It Activity Objectives: 1. Students will be able to response to the following questions: What is marijuana? How is marijuana used? Why do young people use marijuana? What are the short/long-term effects of marijuana? How does marijuana affect school, sports, or other activities? 2. Students will become more aware that marijuana causes a decrease in reaction time.(Catch It Activity) Literacy Content: 1. Students will turn in homework on marijuana. 2. Students will turn in a response paper on the affect's of marijuana usage in various occupations.</p>	<p>Day 9 Topic: Soccer: Kickin Butts! Objectives: 1. Students will be able to list 5 health effects of tobacco smoking on athletic performance. 2. Students will be able to state at least one "truth" about smoking. 3. Students will be able to list how smoking tobacco would affect one's ability to play soccer. Literacy Content: 1. Each student will write at least one "truth" about smoking tobacco, share it with the class, and then make any corrections where applicable.</p>	<p>Day 10 Topic: Smoking Aerobics Objectives: 1. Students will become more aware and experience how smoking tobacco affects a person's everyday physical activity. (Stimulated activity where students perform an step aerobics routine breathing regularly and breathing with a straw.) Literacy Content: 1. Students will write and share with their classmates a reaction of performing the stimulated activity. (Lesson Plan)</p>
<p>Day 11 Topic: Steroids Objectives: 1. Students will be able to response to the following questions: What are anabolic steroids? How are steroids taken? Why do teenagers take steroids? What is anabolic steroid abuse? What are the health consequences of steroid abuse? 2. Students will be able to work cooperatively in a group while researching and presenting their findings on a specified topic on steroids assigned by the instructor. Literacy Content: 1. Each student will write a reaction paper about the group project process.</p>	<p>Day 11 (cont.) Topic: Tendon Damage from Steroids Objectives: 1. Students will become more aware how using steroids can create problems for tendons in your body. Procedure: 1. Students will stretch new and used rubber bands. 2. Students should be warned that the used rubber bands will snap. Literacy Content: 1. Students will write a paper explaining why steroids may create problems for tendons in your body.</p>	<p>Day 12 Topic: Club Drugs Objectives: 1. Students will be able to describe cultural influences on use of club drugs. 2. Students will be able to identify specific club drug characteristics and ways they are used. 3. Students will be able to use technology, via internet, etc..., to obtain information for their research. Literacy Content: 1. Students will write what they believe to be true about club drugs from the lyrics to their chosen songs. (Lesson Plan)</p>