

Lesson Plans- Physical Education

Week of: 8/24-8/28

Grade Level: 6th-8th Grade

Physical Education/SEL	
Unit/Chapter: N/A	Standards: NA
Concepts/Skills: NA- Watching Physical Fitness Testing on Youtube	
Key Vocabulary: Google Classroom, Zoom, Etiquette, Manners, Time, Listening	
Learning Objectives: Learning about Google Classroom and online syllabus	
Physical Education/SEL	
Unit/Chapter:	Standards:
Concepts/Skills: 6th Graders- Practice Mindfulness- I Do, We Do, You Do. Inhale increments. 4,4,4	
Key Vocabulary: Review vocab. New: Healthy, Mindful, Considerate, Balance	
Learning Objectives Learning about Google Classroom and online syllabus. 6th Graders will be expected to follow along with meditation and listen and show understanding of classroom rules and expectations.	
Physical Education/SEL	
Unit/Chapter:	Standards:
Concepts/Skills: 7th Graders- Practice Mindfulness- I Do, We Do, You Do. Inhale increments. 4,4,4	
Key Vocabulary: Review vocab. New: Healthy, Mindful, Considerate, Balance, Consequences Expectations, Seventh grade,	
Learning Objectives: Learning about Google Classroom and online syllabus. 7th Graders will be expected to follow along with meditation and listen and show understanding of classroom rules and expectations.	
Physical Education/SEL	
Unit/Chapter:	Standards:
Concepts/Skills: 6th Graders- Practice Mindfulness- I Do, We Do, You Do. Inhale increments. 4,4,4	
Key Vocabulary: Review vocab. New: Healthy, Mindful, Considerate, Balance, Consequences Expectations, Eight grade,	
Learning Objectives: Learning about Google Classroom and online syllabus. 7th Graders will be expected to follow along with meditation and listen and show understanding of classroom rules and expectations.	