

## Parent Lesson plans Week of 10/26/20

6th Grade 7th and 8th Grade PE

Check Google Classroom for daily assignments and complete!

### Monday

9:00 am - 9:18 am- Advisory with Harrison- Check in

9:18-10:32- Mindful Hearing for Listening Ears (SEL)

YouTube Dynamic Warm-Up

Mindful Eating

**Understanding Heart Rate**

**NPH-H- REDUCING HEALTH RISKS**

Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.

Personal Life Circle Analysis Assignment 6th-8th Grade

#### **PE- Standard- Relationship Building**

Take responsibility for their interactions with others.

10:47 am - 12:01 pm- Mindful Hearing for Listening Ears (SEL)

YouTube Dynamic Warm-Up

Mindful Eating

**Understanding Heart Rate**

#### **PE- Standard- Relationship Building**

Take responsibility for their interactions with others

1:01 pm - 2:15 pm- Mindful Hearing for Listening Ears (SEL)

YouTube Dynamic Warm-Up

Mindful Eating

**Understanding Heart Rate**

PACER TEST

Students will need to re-create this @ home.

<https://www.youtube.com/watch?v=9KPsKEdeqX8>

[https://www.youtube.com/watch?v=Ixbd7-c-b\\_U](https://www.youtube.com/watch?v=Ixbd7-c-b_U)

(Doodling time for students w/music)

<https://padlet.com/danielnegrete/e11gsoxo35p01moa>

#### **PE- Standard- Relationship Building**

Take responsibility for their interactions with others

### Tuesday

**NPH-H- REDUCING HEALTH RISKS**

**Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.**

**Personal Life Circle Analysis Assignment 6th-8th Grade**

9:00 am - 9:18 am	Morning Advisory Collaboration with Harrison/Negrete
10:47 am - 12:01 pm	PE CA PE Standard: 2.3 Analyze and correct errors in movement patterns.  Looking Heart Rate slides  Creating a Mile Run within your home  Warm Up- Dynamic VS Static SEL: Resiliency Collaboration with Mr. Llamas: Quotes  Google Classroom Code: kwhjsv6
1:01 pm - 2:15 pm	PE CA PE Standard: 2.3 Analyze and correct errors in movement patterns.  Looking Heart Rate slides  Creating a Mile Run within your home  Warm Up- Dynamic VS Static SEL: Resiliency and Self Control Break Out Rooms  Google Classroom Code: kwhjsv6

**Wednesday**  
**NPH-H- REDUCING HEALTH RISKS**  
**Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.**  
**Personal Life Circle Analysis Assignment 6th-8th Grade**

9:00 am - 10:32 am	<p>PE</p> <p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns.</p> <p>Warm Up- Dynamic VS Static</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>SEL: Resiliency and Self Control Break Out Rooms Google Classroom Code dnikga5</p>
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10:47 am - 12:01 pm	<p>PE</p> <p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns.</p> <p>Warm Up- Dynamic VS Static</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>SEL: Resiliency and Self Control Break Out Rooms Google Classroom Code kwhjsv6</p>
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1:01 pm - 2:15 pm	
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**Thursday**  
**NPH-H- REDUCING HEALTH RISKS**

**Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.**

**Personal Life Circle Analysis Assignment 6th-8th Grade**

<p>9:00 am - 10:32 am</p>	<p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns.</p> <p>Dynamic Warm- Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Mindful Hearing and Listening Ears Activity Continue with "The Perfect Game" Video about Resiliency</p>
<p>10:47 am - 12:01 pm</p>	<p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns.</p> <p>Dynamic Warm- Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Mindful Hearing and Listening Ears Activity Continue with "The Perfect Game" Video about Resiliency</p>
<p>1:01 pm - 2:15 pm</p>	<p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns.</p> <p>Dynamic Warm- Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Mindful Hearing and Listening Ears Activity Continue with "The Perfect Game" Video about Resiliency</p>

<p><b>Friday</b>  <b>NPH-H- REDUCING HEALTH RISKS</b>  <b>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</b></p> <p><b>Personal Life Circle Analysis Assignment 6th-8th Grade</b></p> <p><b>ASYNCHRONOUS</b></p> <p><b>Youtube</b>  <b>Play outside</b>  <b>Catch Up On Work</b>  <b>Read a Book</b></p>	
9:00 am - 9:18 am	<p>Morning Advisory  Collaboration with Harrison/Negrete</p> <p>Google Classroom Code dnikga5</p>
9:18 am - 2:00 pm	<p>Collaboration with 6th Grade Team  Making Calls home  Lesson Planning</p>
9:55 - 10:32	
11:09- 11:46	

**Mr. Negrete**  
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