

Parent Lesson plans Week of 11/2/20  
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

(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student  
Mindful Eating  
Understanding Heart Rate

**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

9:00 am - 9:18 am

Morning Advisory  
Collaboration with Harrison/Negrete

<p>10:47 am - 12:01 pm</p>	<p>PE  CA PE Standard:  2.3 Analyze and correct errors in movement patterns.</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Warm Up- Dynamic VS Static  SEL: Resiliency  Collaboration with Mr. Llamas: Quotes</p> <p>Google Classroom Code: kwhjsv6</p>
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<p>1:01 pm - 2:15 pm</p>	<p>PE</p> <p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</p> <p>CA PE Standard:  2.3 Analyze and correct errors in movement patterns.</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Warm Up- Dynamic VS Static  SEL: Resiliency and Self Control  Break Out Rooms</p> <p>Google Classroom Code: kwhjsv6</p>
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<p><b>Wednesday</b></p>	
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<p>9:00 am - 10:32 am</p>	<p>PE</p> <p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</p>
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	<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>
10:47 am - 12:01 pm	<p>PE</p> <p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</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</p> <p>Google Classroom Code kwhjsv6</p>
1:01 pm - 2:15 pm	

Thursday	
9:00 am - 10:32 am	(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student

	<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>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</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>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</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>
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Friday	
9:00 am - 9:18 am	<p>Students need to catch up on work, can get outside and play for 30-60 minutes with a mask, and practice Mindfulness.</p> <p>YouTube/Presentation: Character Traits next week.</p> <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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