

Parent Lesson plans Week of 12/07/20
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

Reviewing Grades with classes

Tabata and Healthy Holidays Snacks

Substitutions during the Holidays

Mindfulness: 20 Minutes with Sensory Toys

PACER TEST: GOAL Listen to your body 75-110 PACES

Character Traits: Review

Mindfulness

Review Movement Patterns

<https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s>

(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

(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

10:47 am - 12:01 pm

PE
CA PE Standard:
2.3 Analyze and correct errors in movement patterns.

Reviewing Grades with classes

Tabata and Healthy Holidays Snacks

Substitutions during the Holidays

Mindfulness: 20 Minutes with Sensory Toys

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Looking Heart Rate slides

Creating a Mile Run within your home

	<p>Warm Up- Dynamic VS Static SEL: Resiliency Collaboration with Mr. Llamas: Quotes</p> <p>Google Classroom Code: kwhjsv6</p>
<p>1:01 pm - 2:15 pm</p>	<p>PE</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</p> <p>PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</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>

Google Classroom Code: kwhjsv6

Wednesday

9:00 am - 10:32 am

PE

Reviewing Grades with classes

Tabata and Healthy Holidays Snacks

Substitutions during the Holidays

Mindfulness: 20 Minutes with Sensory Toys

(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student

PACER TEST: GOAL Listen to your body 75-110 PACES

Character Traits: Review

Mindfulness

Review Movement Patterns

<https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s>

CA PE Standard:

2.3 Analyze and correct errors in movement patterns.

Warm Up- Dynamic VS Static

Looking Heart Rate slides

Creating a Mile Run within your home

SEL: Resiliency and Self Control

Break Out Rooms

Google Classroom Code dnikga5

<p>10:47 am - 12:01 pm</p>	<p>PE</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</p> <p>PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</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>
<p>1:01 pm - 2:15 pm</p>	<p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p>

	<p style="text-align: center;">Mindfulness: 20 Minutes with Sensory Toys</p> <p style="text-align: center;">PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p style="text-align: center;">Character Traits: Review</p> <p style="text-align: center;">Mindfulness</p>
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Thursday

<p>9:00 am - 10:32 am</p>	<p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</p> <p style="text-align: center;">PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p style="text-align: center;">Character Traits: Review</p> <p style="text-align: center;">Mindfulness</p> <p style="text-align: center;">Review Movement Patterns</p> <p style="text-align: center;">https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</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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<p>10:47 am - 12:01 pm</p>	<p>(REVIEW) Personal Life Circle Analysis- Organized as a Middle School Student</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns. 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 style="text-align: center;">Asynchronous:</p> <p style="text-align: center;">Submit a gratitude list of 12 things you are grateful for.</p> <p style="text-align: center;">Submit on google classroom</p> <p>All Middle School Students: Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</p> <p>YouTube/Presentation: Character Traits next week. (Continue and tie into Sportsmanship)</p>

	Morning Advisory Collaboration with Harrison/Negrete Google Classroom Code dnikga5
9:18 am -2:00 pm	Collaboration with 6th Grade Team Making Calls home Lesson Planning
9:55 -10:32	Collaboration/ Planning
11:09- 11:46	Planning/Collaboration

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