

Parent Lesson plans Week of 1/4/20
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- Mr. Negrete will demonstrate form

Students will work in break out rooms to give feedback to one another about form.

FMS Youtube Videos

https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS

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.

10:47 am - 12:01 pm-Mr. Negrete will demonstrate form

Students will work in break out rooms to give feedback to one another about form.

FMS Youtube Videos

https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS

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-Mr. Negrete will demonstrate form

Students will work in break out rooms to give feedback to one another about form.

FMS Youtube Videos

https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS

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

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| 9:00 am - 9:18 am | Morning Advisory Collaboration with Harrison/Negrete |
| 10:47 am - 12:01 pm | PE CA PE Standard: Mr. Negrete will demonstrate form Students will work in break out rooms to give feedback to one another about form. FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS 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 |

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| <p>1:01 pm - 2:15 pm</p> | <p>PE- Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+SINGLE+Leg+Deadlift+FMS</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 style="text-align: center;">Wednesday</p> | |
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| <p>9:00 am - 10:32 am</p> | <p>PE-</p> <p style="text-align: center;">REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+SINGLE+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p style="text-align: center;">https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>CA PE Standard: 2.3 Analyze and correct errors in movement patterns.</p> <p>Warm Up- Dynamic VS Static</p> |

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| | <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 style="text-align: center;">REVIEWS</p> <p style="text-align: center;">FMS Youtube Videos</p> <p style="text-align: center;">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p style="text-align: center;">https://www.youtube.com/watch?v=Vm-2eSXrNCs</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> |
| 1:01 pm - 2:15 pm | |

| Thursday | |
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| 9:00 am - 10:32 am | CA PE Standard: |

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| | <p style="text-align: center;">REVIEWS</p> <p style="text-align: center;">FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p style="text-align: center;">https://www.youtube.com/watch?v=Vm-2eSXrNCs</p> <p>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:</p> <p style="text-align: center;">REVIEWS</p> <p style="text-align: center;">FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p style="text-align: center;">https://www.youtube.com/watch?v=Vm-2eSXrNCs</p> <p>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</p> |

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| | Continue with “The Perfect Game” Video about Resiliency |
| 1:01 pm - 2:15 pm | <p>CA PE Standard:</p> <p style="text-align: center;">REVIEWS</p> <p style="text-align: center;">FMS Youtube Videos</p> <p style="text-align: center;">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p style="text-align: center;">https://www.youtube.com/watch?v=Vm-2eSXrNCs</p> <p>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> |

| Friday | |
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| 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>Review Video’s and Spend time outside</p> <p>Collaboration with 6th Grade Team Making Calls home Lesson Planning</p> |
| 9:55 -10:32 | |
| 11:09- 11:46 | |

408-781-2815