

Parent Lesson plans Week of 1/18/21

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 -

McGill Curl Up

<https://www.youtube.com/watch?v=4hCrmvzu3u4>

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

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 - McGill Curl Up

<https://www.youtube.com/watch?v=4hCrmvzu3u4>

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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-
Lesson Planning and Collaborating

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/e1gsoxo35p01moa>

PE- Standard- Relationship Building

Take responsibility for their interactions with others

Tuesday

9:00 am - 10:32 am	Morning Advisory Collaboration with Harrison/Negrete 8th Grade- https://www.youtube.com/watch?v=sQdyqIelxOI
10:47 am - 12:01 pm	PE CA PE Standard:

	<p style="text-align: center;">McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p style="text-align: center;">https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p style="text-align: center;">Mr. Negrete will demonstrate form</p> <p style="text-align: center;">Students will work in break out rooms to give feedback to one another about form.</p> <p style="text-align: center;">FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>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>
<p>1:01 pm - 2:15 pm</p>	<p>PE- McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p style="text-align: center;">https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p style="text-align: center;">Mr. Negrete will demonstrate form</p> <p style="text-align: center;">Students will work in break out rooms to give feedback to one another about form.</p>

	<p style="text-align: center;">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 style="text-align: center;">McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</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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Wednesday	
<p>9:00 am - 10:32 am</p>	<p>PE- McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=tZfxXdilG_M</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 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 dnikga5</p>
<p>10:47 am - 12:01 pm</p>	<p>PE- McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=tZfxXdilG_M</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up 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</p> <p>Google Classroom Code kwhjsv6</p>
1:01 pm - 2:15 pm	Lesson Planning and Collaboration

Thursday	
9:00 am - 10:32 am	<p>CA PE Standard: McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4 https://www.youtube.com/watch?v=tZfxXdilG_M</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 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>
10:47 am - 12:01 pm	CA PE Standard:

	<p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=tZfxXdilG_M</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 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>
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	<p>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>
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Friday	
9:00 am - 9:18 am	<p>Morning Advisory</p> <p>Students need to be spending time outside. 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	Collaboration (Wither other PE Teacher)
11:09- 11:46	Collaboration with PBIS/SEL Strategies.

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