

Aptitud Academy Lesson Plans

Week of: 2/22/21-2/26/21	
Teacher Name: Daniel Negrete	Grade Level: 6th - 8th

Grade 6					
Unit/Chapter:	Physical Fitness/Body Composition	Standards:	3.3 Develop individual goals for each of the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition).		
Concepts/Skills:	Analyze, Discuss, Movement				
Key Vocabulary:	Repeat, Aloud, Fat, Muscle, Push Up				
Learning Objectives:	Students will learn how to explain the benefits of exercise				
Assignments					
	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p	Spend 60 minutes outside til the lights come on. :)
	Making snacks with students.	Making snacks with students.	Making snacks with students.	Making snacks with students.	

	<p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz918UA_KXs&t=73s</p> <p>Review Video's and Spend time outside</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRnCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmr/s/e#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p>
--	--	--	--	--	---

	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</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</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</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</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5</p>	<p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p> <p>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK</p>
--	--	--	---	--	---

	<p>Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday 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>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p>	<p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday 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>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2</p>	<p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday 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>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2</p>	<p>_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60</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>Wednesday/Thursday 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>SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Google Classroom Assignments: Mind Dump Journal</p> <p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPsEd eqx8&t=157s</p>
--	--	---	---	--	---

	<p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPsKEdeqx8&t=157s</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	<p>Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPsKEdeqx8&t=157s</p>	<p>e.com/watch?v=Ag2 Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p>	<p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p>	<p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>
--	--	---	--	--	---

		<p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	<p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPskEdeqx8&t=157s</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	<p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPskEdeqx8&t=157s</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	
<p>Asynchronous</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>

--	--	--	--	--	--

Grade 7					
----------------	--	--	--	--	--

Unit/Chapter:	Physical Fitness/Body Composition	Standards:	4.3 Match personal preferences in physical activities with each of the five components of health-related physical fitness.		
---------------	-----------------------------------	------------	--	--	--

Concepts/Skills:	Analyze, Discuss, Movement, Balance				
------------------	-------------------------------------	--	--	--	--

Key Vocabulary:	Repeat, Aloud, Fat, Muscle, Push Up, Jumping Jacks				
-----------------	--	--	--	--	--

Learning Objectives:	Students will learn how to explain the benefits of exercise and name 2 types of dynamic warm up exercises.				
----------------------	--	--	--	--	--

Assignments					
--------------------	--	--	--	--	--

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj_b_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj_b_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj_b_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj_b_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk	Spend 60 minutes outside til the lights come on. :) https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s

	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>	<p>https://www.youtube.com/watch?v=gz918UA_KXs&t=73s</p> <p>Review Video's and Spend time outside</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p> <p>Submit a gratitude list of 12 things you are grateful for.</p>
--	---	---	---	---	---

	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/eid#slide=id.g63f4da5bfd_o_60</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/eid#slide=id.g63f4da5bfd_o_60</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</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</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/eid#slide=id.g63f4da5bfd_o_60</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</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</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/eid#slide=id.g63f4da5bfd_o_60</p>	<p>Submit on google classroom</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH- H- REDUCING HEALTH RISKS</p>
--	---	---	--	--	---

	<p>nzEENY3gHfmrys/e dit#slide=id.g63f4d a5bfd_0_60</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>Wednesday/Thursd ay 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>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>Wednesday/Thursd ay 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>a5bfd_0_60</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>Wednesday/Thursd ay 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>_TDhSZbmVUVa5tF nzEENY3gHfmrys/e dit#slide=id.g63f4d a5bfd_0_60</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>Wednesday/Thursd ay PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p>	<p>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade Warm-Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>
--	---	---	---	---	---

	<p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p>	<p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p>	<p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p>	<p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p>	
--	---	--	--	---	--

	<p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Mr. Llamas-SEL Movie: The Perfect Game Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	
Asynchronous	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>

Grade 8

Unit/Chapter:	Physical Fitness/Body	Standards:	4.2 Identify appropriate physical activities that can be performed if one's
---------------	-----------------------	------------	---

	Composition		physical fitness program is disrupted by inclement weather, travel from home or school, or a minor injury.		
Concepts/Skills:	Analyze, Discuss, Movement, Balance, Tracking				
Key Vocabulary:	Repeat, Aloud, Fat, Muscle, Push Up, Jumping Jacks, Shoulder Stretch				
Learning Objectives:	Students will learn how to explain the benefits of exercise and name 3 types of dynamic warm up exercises, and email me a video of them. (Either performing or a youtube video)				
Assignments					
	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk PACER TEST with Physical Fitness Exercises- CIRCUIT	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk PACER TEST with Physical Fitness	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk PACER TEST with	https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk PACER TEST with Physical Fitness Exercises- CIRCUIT	Spend 60 minutes outside til the lights come on. :) https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s

	<p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p>	<p>Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p>	<p>Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p>	<p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p>	<p>Review Video's and Spend time outside</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p> <p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p> <p>Asynchronous: Take a picture of your Youtube video</p>
--	--	--	---	--	--

	<p>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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p>	<p>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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades</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>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</p>	<p>proving Mindfulness- 10 Minutes</p> <p>Review Movement Patterns https://www.youtube.com/watch?v=M60AVSKVgUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis</p>
--	---	--	--	---	---

	<p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday 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>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtub</p>	<p>Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday 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>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>Wednesday/Thursday 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>Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday 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>Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>
--	---	---	---	---	---

	<p>e.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Circle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run</p>	<p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Circle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate</p>	<p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Circle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p>	<p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p>	
--	---	--	--	--	--

	<p>within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=</p>	
Asynchronous	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>