

## Aptitud Academy Lesson Plans

<b>Week of:</b> 2/8/21-2/12/21	
<b>Teacher Name:</b> Daniel Negrete	<b>Grade Level:</b> 6th - 8th

<b>Grade 6</b>					
<b>Unit/Chapter:</b>	Healthy Eating	<b>Standards:</b>	4.7 Compile and analyze a log noting the food intake/calories consumed and energy expended through physical activity		
<b>Concepts/Skills:</b>	Moderation, Bites, Slowly, and Snacks				
<b>Key Vocabulary:</b>	Safety, Moderation, Bites, Slowly, and Snacks				
<b>Learning Objectives:</b>	Students will learn how to make a meal or their own.				
<b>Assignments</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Synchronous</b>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p>	<p><b>Spend 60 minutes outside til the lights come on. :)</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p>

	<p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">e.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p><b>Review Video's and Spend time outside</b></p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p><b>Asynchronous:</b></p> <p><b>Submit a gratitude</b></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 <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></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 <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20</p>	<p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p>Trunk Stability- Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20</p>	<p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">e.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p>Trunk Stability- Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p>	<p>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><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p>
--	--	---	---	---	--

	<p><b>Mindfulness: 20 Minutes with Sensory Toys</b></p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice</p>	<p><b>Minutes with Sensory Toys</b></p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p><b>REVIEW/Youtube</b></p>	<p><b>Minutes with Sensory Toys</b></p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p>	<p><b>Reviewing Grades with classes</b></p> <p><b>Tabata and Healthy Holidays Snacks</b></p> <p><b>Substitutions during the Holidays</b></p> <p><b>Mindfulness: 20 Minutes with Sensory Toys</b></p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p>	<p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Cycle Analysis Assignment</b> 6th-8th Grade</p> <p>Google Classroom Assignments: Mind Dump Journal</p> <p>PACER TEST</p> <p><a href="https://www.youtube.com/watch?v=9KPskEd eqx8&amp;t=157s">https://www.youtube.com/watch?v=9KPskEd eqx8&amp;t=157s</a></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p>
--	---	---	--	---	--

	<p><b>healthy enhancing behaviors and reduce health risk.</b></p> <p><b>Personal Life Cycle Analysis Assignment 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>PACER TEST</p> <p><a href="https://www.youtube.com/watch?v=9KPskEdeqx8&amp;t=157s">https://www.youtube.com/watch?v=9KPskEdeqx8&amp;t=157s</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U">https://www.youtube.com/watch?v=Ixbd7-c-b_U</a></p> <p><a href="https://www.youtube.com/watch?v=-LV80xyD5SM">https://www.youtube.com/watch?v=-LV80xyD5SM</a></p>	<p><b>Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b></p> <p><b>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</b></p> <p><b>Personal Life Cycle Analysis Assignment 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>PACER TEST</p> <p><a href="https://www.youtube.com/watch?v=9KPskEdeqx8&amp;t=157s">https://www.youtube.com/watch?v=9KPskEdeqx8&amp;t=157s</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U">https://www.youtube.com/watch?v=Ixbd7-c-b_U</a></p>	<p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b></p> <p><b>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</b></p> <p><b>Personal Life Cycle Analysis Assignment 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>PACER TEST</p> <p><a href="https://www.youtube.com/watch?v=9KPskEdeqx8&amp;t=157s">https://www.youtube.com/watch?v=9KPskEdeqx8&amp;t=157s</a></p>	<p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b></p> <p><b>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</b></p> <p><b>Personal Life Cycle Analysis Assignment 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p>	<p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U">om/watch?v=Ixbd7-c-b_U</a></p> <p><a href="https://www.youtube.com/watch?v=-LV80xyD5SM">https://www.youtube.com/watch?v=-LV80xyD5SM</a></p>
--	--	--	--	--	--

		<a href="https://www.youtube.com/watch?v=-LV80xyD5SM">https://www.youtube.com/watch?v=-LV80xyD5SM</a>	<a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U">https://www.youtube.com/watch?v=Ixbd7-c-b_U</a>  <a href="https://www.youtube.com/watch?v=-LV80xyD5SM">https://www.youtube.com/watch?v=-LV80xyD5SM</a>	Looking Heart Rate slides  Creating a Mile Run within your home  PACER TEST  <a href="https://www.youtube.com/watch?v=9KPsEd eqx8&amp;t=157s">https://www.youtube.com/watch?v=9KPsEd eqx8&amp;t=157s</a>  <a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U">https://www.youtube.com/watch?v=Ixbd7-c-b_U</a>  <a href="https://www.youtube.com/watch?v=-LV80xyD5SM">https://www.youtube.com/watch?v=-LV80xyD5SM</a>	
<b>Asynchronous</b>	Google Classroom Assignments: Mind Dump Journal Pictures from PACER  Dynamic Warm-up Assignment	Google Classroom Assignments: Mind Dump Journal Pictures from PACER  Dynamic Warm-up Assignment	Google Classroom Assignments: Mind Dump Journal Pictures from PACER  Dynamic Warm-up Assignment	Google Classroom Assignments: Mind Dump Journal Pictures from PACER  Dynamic Warm-up Assignment	Google Classroom Assignments: Mind Dump Journal Pictures from PACER  Dynamic Warm-up Assignment

Unit/Chapter:	Healthy Eating	Standards:	4.7 Compile and analyze a log noting the food intake/calories consumed and energy expended through physical activity
Concepts/Skills:	Independent Work		
Key Vocabulary:	Moderation, Simple, Not Perfect, Bites, Slowly, and Snacks		
Learning Objectives:	Students will learn how to make a meal or their own.		

### Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Synchronous</b>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQd">https://www.youtube.com/watch?v=sQd</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQd">https://www.youtube.com/watch?v=sQd</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQd">https://www.youtube.com/watch?v=sQd</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQd">https://www.youtube.com/watch?v=sQd</a></p>	<p><b>Spend 60 minutes outside til the lights come on. :)</b></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz918UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz918UA_KXs&amp;t=73s</a></p>

	<p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">e.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">e.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">e.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">yqIelxOI</a></p> <p><b>McGill Curl Up</b>  <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p>	<p><b>Review Video's and Spend time outside</b></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p><b>Asynchronous:</b></p> <p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</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 <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades</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 <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions</p>	<p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</a></p> <p>Trunk Stability-Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p>	<p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</a></p> <p>Trunk Stability-Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60</a></p>	<p>Review Movement Patterns</p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS</p> <p>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p>
--	--	--	--	---	--

	<p>with classes</p> <p><b>Tabata and Healthy Holidays Snacks</b></p> <p><b>Substitutions during the Holidays</b></p> <p><b>Mindfulness: 20 Minutes with Sensory Toys</b></p> <p><b>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</b></p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review</b></p>	<p>during the Holidays</p> <p><b>Mindfulness: 20 Minutes with Sensory Toys</b></p> <p><b>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</b></p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p>	<p><b>Tabata and Healthy Holidays Snacks</b></p> <p><b>Substitutions during the Holidays</b></p> <p><b>Mindfulness: 20 Minutes with Sensory Toys</b></p> <p><b>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</b></p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p>	<p><b>Reviewing Grades with classes</b></p> <p><b>Tabata and Healthy Holidays Snacks</b></p> <p><b>Substitutions during the Holidays</b></p> <p><b>Mindfulness: 20 Minutes with Sensory Toys</b></p> <p><b>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</b></p> <p><b>Character Traits: Review</b></p> <p><b>Mindfulness</b></p> <p><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p>	<p><b>Personal Life Cycle Analysis Assignment 6th-8th Grade Warm-Up</b></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><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>
--	---	--	---	---	--

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

	<p>within your home</p> <p>Movie: The Perfect Game Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p>Movie: The Perfect Game Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p>within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p>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><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	
<b>Asynchronous</b>	<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:	Healthy Eating	Standards:	4.7 Compile and analyze a log noting the food intake/calories consumed.		
Concepts/Skills:	Independent work				
Key Vocabulary:	Moderation, Nutritional Facts, Bites, Slowly, and Snacks				
Learning Objectives:	Students will learn how to make a meal or their own.				
Assignments					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

<p><b>Synchronous</b></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p> <p><b>McGill Curl Up</b></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p>	<p><b>Cooking with Gordon</b></p> <p><a href="https://www.youtube.com/watch?v=Cm2XN5mbepg">https://www.youtube.com/watch?v=Cm2XN5mbepg</a></p> <p><b>Making snacks with students.</b></p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p><b>PACER TEST with Physical Fitness Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p>	<p><b>Spend 60 minutes outside til the lights come on. :)</b></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p><b>Review Video's and Spend time outside</b></p> <p><a href="https://docs.google">https://docs.google</a></p>
---------------------------	--	---	---	---	--

	<p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></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 <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p>	<p>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></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>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Sing">https://www.youtube.com/results?search_query=FMS+Sing</a></p>	<p>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Sing">https://www.youtube.com/results?search_query=FMS+Sing</a> le+Leg+Deadlift+FM S</p>	<p><a href="https://www.youtube.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60">com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60</a></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 proving Mindfulness- 10 Minutes</p> <p>Review Movement Patterns</p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p>
--	--	---	--	---	--

	<p><a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM+S">e.com/results?search_query=FMS+Single+Leg+Deadlift+FM+S</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></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><b>FMS Youtube Videos</b></p> <p><a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM+S">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM+S</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></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><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">le+Leg+Deadlift+FM+S</a></p> <p>Trunk Stability- Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></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>Trunk Stability- Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></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>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS</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</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>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><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p>REVIEW/Youtube Characteristics/PPT</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><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></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><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></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><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p>REVIEW/Youtube</p>	<p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>
--	---	---	---	---	---



	<p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Circle Analysis Assignment</b> 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Circle Analysis Assignment</b> 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p>	<p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Circle Analysis Assignment</b> 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p>	<p><b>Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Cycle Analysis Assignment</b> 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p>	
--	--	--	--	---	--

		<a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a>	<a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a>	<a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=">om/watch?v=Ixbd7-c-b_U&amp;t=</a>	
<b>Asynchronous</b>	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER