

Aptitud Academy Lesson Plans

Week of: 3/8/21-3/12/21	
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, Tabata				
Key Vocabulary:	Repeat, Aloud, Fat, Muscle, Push Up, Non Essential, and Essential.				
Learning Objectives:	Students will learn how to explain the benefits of exercise and perform a TABATA.				
Assignments					
	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p	Spend 60 minutes outside til the lights come on. :)

	<p>Making snacks with students.</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</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>Making snacks with students.</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</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>Making snacks with students.</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</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>Making snacks with students.</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</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=gz9l8UA_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_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p>
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	<p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</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/e</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>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/e</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>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/e</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>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>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>
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	<p>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>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</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/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>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/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>https://docs.google.com/presentation/d/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/e</p> <p>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>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>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>
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	<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>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KpskEdqx8&t=157s</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>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 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>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>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p>	<p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>
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	<p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	<p>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>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>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>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	
Asynchronous	Google Classroom	Google Classroom	Google Classroom	Google Classroom	Google Classroom

	Assignments: Mind Dump Journal Pictures from PACER Dynamic Warm-up Assignment	Assignments: Mind Dump Journal Pictures from PACER Dynamic Warm-up Assignment	Assignments: Mind Dump Journal Pictures from PACER Dynamic Warm-up Assignment	Assignments: Mind Dump Journal Pictures from PACER Dynamic Warm-up Assignment	Assignments: Mind Dump Journal Pictures from PACER Dynamic Warm-up Assignment
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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, Engage		
Key Vocabulary:	Repeat, Aloud, Fat, Muscle, Push Up, Jumping Jacks, Lean Body Mass		
Learning Objectives:	Students will learn how to explain the benefits of exercise and name 2 types of dynamic warm up exercises. Also, understand how to modify in a TABATA.		

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/ed	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/ed	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/ed	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/ed	Spend 60 minutes outside til the lights come on. :)

	<p>it#slide=id.p</p> <p>Making snacks with students.</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>it#slide=id.p</p> <p>Making snacks with students.</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>it#slide=id.p</p> <p>Making snacks with students.</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>it#slide=id.p</p> <p>Making snacks with students.</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=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>
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	<p>e.com/results?search_query=FMS+Single+Leg+Deadlift+FM S</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>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>h_query=FMS+Single+Leg+Deadlift+FM S</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>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday PACER TEST:</p>	<p>https://www.youtube.com/watch?v=Vme-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 Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p>	<p>https://www.youtube.com/watch?v=Vme-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 Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</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 Warm-Up</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>
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	<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>NPH-H- REDUCING HEALTH RISKS</p>	<p>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>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice</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>NPH-H- REDUCING</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</p>	
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	<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>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>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>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>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>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>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>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>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>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>	
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				https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s	
Asynchronous	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

Grade 8

Unit/Chapter:	Physical Fitness/Body Composition	Standards:	4.2 Identify appropriate physical activities that can be performed if one's physical fitness program is disrupted by inclement weather, travel from home or school, or a minor injury.
Concepts/Skills:	Analyze, Discuss, Movement, Balance, Tracking, and Advanced moves		
Key Vocabulary:	Repeat, Aloud, Fat, Muscle, Push Up, Jumping Jacks, Shoulder Stretch, Fat Mass		
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) Understand how to perform an advanced move during the TABATA.		

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhlj	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhlj	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhlj	TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhlj	Spend 60 minutes outside til the lights come on. :)

	<p>b_54NhvRpr1NQ/ed it#slide=id.p</p> <p>Making snacks with students.</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</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>b_54NhvRpr1NQ/ed it#slide=id.p</p> <p>Making snacks with students.</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</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>b_54NhvRpr1NQ/ed it#slide=id.p</p> <p>Making snacks with students.</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</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>b_54NhvRpr1NQ/ed it#slide=id.p</p> <p>Making snacks with students.</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</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=gz9l8UA_KXs&t=73s</p> <p>Review Video's and Spend time outside</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/ed it#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous: Submit a gratitude</p>
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	<p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</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>rmvzu3u4</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>e.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>REVIEWS</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk</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>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>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 SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p>
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	<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>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your</p>	<p>le+Leg+Deadlift+FM S</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>Mindfulness: 20 Minutes with Sensory Toys</p>	<p>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 Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</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 Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</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>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>
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