

Aptitud Academy Lesson Plans

Week of: 3/22/21-2/26/21	Grade Level: 6th - 8th
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Grade 6

Unit/Chapter:	Physical Fitness Testing/Creating A Zoom/Hybrid Classroom	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:	Practicing movement pertaining to PFT/Fitnessgram		
Key Vocabulary:	Physical Literacy, Movement, Modify, Stretch		
Learning Objectives:	Students will be able to perform 10 repetitions of the curl-up, push-up, and explain how the PACER Test works.		

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI Designing your Zoom Background Practice Physical Fitness Testing:	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI Designing your Zoom Background Practice Physical Fitness Testing	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI Designing your Zoom Background Practice Physical Fitness Testing	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI Designing your Zoom Background Practice Physical Fitness Testing	Spend 60 minutes outside til the lights come on. :)

	<p>Push-up</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p>	<p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p>	<p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p>	<p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</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>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>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>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>Continue to Review Character Traits</p> <p>YouTube COOK</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>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>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p>	<p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/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/Thursd ay PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</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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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 Testing/Creating A Zoom/Hybrid Classroom	Standards:	4.3 Match personal preferences in physical activities with each of the five components of health-related physical fitness.
Concepts/Skills:	Practicing movement pertaining to PFT/Fitnessgram		
Key Vocabulary:	Physical Literacy, Movement, Modify, Gauge		
Learning Objectives:	Students will be able to perform 10-20 repetitions of the curl-up, push-up, and explain how the PACER Test works.		

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI	Practice Physical Fitness Testing: PACER Test https://youtu.be/sQdyqIelxOI	Spend 60 minutes outside til the lights come on. :)

	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.c</p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.c</p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.c</p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p>How: Learning how to breathe with our hand and nostrils.</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_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4d a5bfd_0_60</p>
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	<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>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>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>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>	
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	<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>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</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>Movie: The Perfect Game</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 within your home</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>	
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	<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>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>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>Mr. Llamas-SEL</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>	
Asynchronous	<p>Google Classroom Assignments:</p> <p>Mind Dump Journal</p> <p>Pictures from PACER</p>	<p>Google Classroom Assignments:</p> <p>Mind Dump Journal</p> <p>Pictures from PACER</p>	<p>Google Classroom Assignments:</p> <p>Mind Dump Journal</p> <p>Pictures from PACER</p>	<p>Google Classroom Assignments:</p> <p>Mind Dump Journal</p> <p>Pictures from PACER</p>	<p>Google Classroom Assignments:</p> <p>Mind Dump Journal</p> <p>Pictures from PACER</p>

Grade 8			
Unit/Chapter:	Physical Fitness Testing/Creating A Zoom/Hybrid Classroom	Standards:	3.2 Refine individual personal physical fitness goals for each of the five components of health related physical fitness, using research-based criteria.
Concepts/Skills:	Practicing movement pertaining to PFT/Fitnessgram		
Key Vocabulary:	Physical Literacy, Movement, Modify, Standards for High School, SEL.		

Learning Objectives:	Students will be able to perform 10-20 repetitions of the curl-up, push-up, explain how the PACER Test works, and create goals for the Mile Run when the hybrid model starts.				
Assignments					
	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	<p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p>	<p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p>	<p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p>	<p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p>What: Mindfulness is the quality or state of being conscious or aware of something.</p> <p>Why: to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p>	<p>Spend 60 minutes outside til the lights come on. :)</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</p>

	<p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#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>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#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</p>	<p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with</p>	<p>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#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>Spend time outside</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrYS/edit#slide=id.g63f4da5bfd_o_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 proving Mindfulness- 10 Minutes</p> <p>Review Movement</p>
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	<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 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 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>Patterns https://www.youtube.com/watch?v=M60AVSKVqUA&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 Assignment 6th-8th Grade</p> <p>Warm-Up</p>
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	<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>	
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	<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>	
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