

## Aptitud Academy Lesson Plans

**Week of: 4/12/21-4/16/21**

**Grade Level: 6th - 8th**

### Grade 6

Unit/Chapter:	Steps towards Hybrid Physical Education	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:	Class Norms, and Adapting to new model		
Key Vocabulary:	Physical Literacy, Movement, Google Classroom		
Learning Objectives:	Students will be able to independently find an assignment and know when to do written or physical participation.		

### Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Synchronous</b>	Class Norms  <a href="https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit">https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit</a>  Mindfulness  <a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a>	Class Norms  Mindfulness  <a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a>	Class Norms  Mindfulness  <a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a>	Class Norms  Mindfulness  <a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a>  Break Out Room- Topic: What are you looking forward to during Hybrid	<b>Spend 60 minutes outside til the lights come on. :)</b>

	<p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Steps toward hybrid learning</p> <p>First UNIT:</p> <p>Ultimate Frisbee Pull Up</p> <p>How to throw a backhand frisbee?</p> <p><a href="https://www.youtube.com/watch?v=INQexzgzvw4">https://www.youtube.com/watch?v=INQexzgzvw4</a></p> <p>Ideas for Hybrid Learning:</p> <p><a href="https://www.youtube.com/watch?v=tMXWPDrnv7I">https://www.youtube.com/watch?v=tMXWPDrnv7I</a> (Need string for this one) ??</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p>	<p>Steps toward hybrid learning</p> <p>First UNIT:</p> <p>Ultimate Frisbee</p> <p>How to throw a backhand frisbee?</p> <p><a href="https://www.youtube.com/watch?v=INQexzgzvw4">https://www.youtube.com/watch?v=INQexzgzvw4</a></p> <p>Paper Fitness Activity</p> <p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p>	<p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Steps toward hybrid learning</p> <p>First UNIT:</p> <p>Ultimate Frisbee</p> <p>How to throw a backhand frisbee?</p> <p><a href="https://www.youtube.com/watch?v=INQexzgzvw4">https://www.youtube.com/watch?v=INQexzgzvw4</a></p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p>	<p>Learning?</p> <p>Steps toward hybrid learning</p> <p>First UNIT:</p> <p>Ultimate Frisbee</p> <p>How to throw a backhand frisbee?</p> <p><a href="https://www.youtube.com/watch?v=INQexzgzvw4">https://www.youtube.com/watch?v=INQexzgzvw4</a></p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyq">https://youtu.be/sOdyq</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://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_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>
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	<p><a href="#">JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</a></p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing: Push-up</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> 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><a href="https://youtu.be/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</a></p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p>	<p><a href="#">IelxOI</a></p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p>	<p><b>Submit a gratitude list of 12 things you are grateful for.</b></p> <p><b>Submit on google classroom</b></p> <p><b>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</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</b></p>
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	<p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqlelxOI">https://www.youtube.com/watch?v=sQdyqlelxOI</a></p>	<p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqlelxOI">https://www.youtube.com/watch?v=sQdyqlelxOI</a></p>	<p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqlelxOI">https://www.youtube.com/watch?v=sQdyqlelxOI</a></p> <p>McGill Curl Up</p> <p><a href="https://www.youtube.com/watch?v=sQdyqlelxOI">https://www.youtube.com/watch?v=sQdyqlelxOI</a></p>	<p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqlelxOI">https://www.youtube.com/watch?v=sQdyqlelxOI</a></p> <p>McGill Curl Up</p>	<p><b>SQUAT</b></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 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><a href="https://www.youtube.com/watch?v=9KPsEdeqx8&amp;t=157s">https://www.youtube.com/watch?v=9KPsEdeqx8&amp;t=157s</a></p>
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	<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 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/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/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>one another about form.</p> <p>FMS Youtube Videos  <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/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/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://docs.google.com/presentation/d/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/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>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p>	<p><u>S</u></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/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5TDhSZbmVUVa5tFnzEENY3gHfmrys/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>	
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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><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 Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis</p>	<p>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>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and</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 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>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>	
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	<p><b>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>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><a href="https://www.youtube.com/watch?v=-LV80xyD5SM">https://www.youtube.com/watch?v=-LV80xyD5SM</a></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><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>	
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				<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

<b>Grade 7</b>					
Unit/Chapter:	Steps towards Hybrid Physical Education	Standards:	4.3 Match personal preferences in physical activities with each of the five components of health-related physical fitness.		
Concepts/Skills:	Class Norms, and Adapting to new model				
Key Vocabulary:	Physical Literacy, Movement, Google Classroom, Remembering, Behavior				
Learning Objectives:	Students will be able to independently find an assignment and know when to do written or physical participation.				
<b>Assignments</b>					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Synchronous</b>	Class Norms  <a href="https://docs.google.com/document/d/1st89M">https://docs.google.com/document/d/1st89M</a>	Class Norms  Mindfulness	Class Norms  Mindfulness	Class Norms  Mindfulness	<b>Spend 60 minutes outside til the lights come on. :)</b>

	<p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit</a></p> <p>Mindfulness</p> <p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p>	<p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p>	<p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p>	<p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</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>
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	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</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 list of 12 things you are grateful for.</b></p> <p><b>Submit on google classroom</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>
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	<p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p> <p>PACER TEST with Physical Fitness</p>	<p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p>	<p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p>	<p>TABATA</p> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b 54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with students.</p> <p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">https://www.youtube.com/watch?v=8JYNbNYqMTk</a></p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></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>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><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></p>
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	<p><b>Exercises- CIRCUIT</b></p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</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><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>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>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><a href="#">yqIelxOI</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><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">om/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>
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	<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>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 Minutes with Sensory Toys</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>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>	
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	<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 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><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>Movie: The Perfect Game</p> <p>Basics of a Jump Rope</p>	<p><b>Qwu5nH2c</b></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>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>	
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<b>Asynchronous</b>	<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>

<b>Grade 8</b>			
Unit/Chapter:	Steps towards Hybrid Physical Education	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:	Class Norms, and Adapting to new model		
Key Vocabulary:	Physical Literacy, Movement, Google Classroom, Remembering, Behavior, Steps toward High School		
Learning Objectives:	Students will be able to independently find an assignment and know when to do written or physical participation.		
<b>Assignments</b>			

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Synchronous</b>	<p>Class Norms</p> <p><a href="https://docs.google.com/document/d/1st89M9Gz4blvKIsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit">https://docs.google.com/document/d/1st89M9Gz4blvKIsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit</a></p> <p>Mindfulness</p> <p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical</p>	<p>Class Norms</p> <p>Mindfulness</p> <p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p>	<p>Class Norms</p> <p>Mindfulness</p> <p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</a></p>	<p>Class Norms</p> <p>Mindfulness</p> <p><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</a></p> <p>Break Out Room- Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p><a href="https://www.youtube.com/watch?v=0W_Ug3JEPbc">https://www.youtube.com/watch?v=0W_Ug3JEPbc</a></p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</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>Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</a></p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA <a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d">https://docs.google.com/presentation/d</a></p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA <a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d">https://docs.google.com/presentation/d</a></p>	<p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</p> <p><b>Why:</b> to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment.</p> <p><b>How:</b> Learning how to breathe with our hand and nostrils.</p> <p>TABATA <a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s</a></p> <p><a href="https://docs.google.com/presentation/d">https://docs.google.com/presentation/d</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 list of 12 things you are grateful for.</b></p> <p><b>Submit on google classroom</b></p> <p><b>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</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>
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	<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</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>FMS Youtube Videos</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+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</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>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>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>
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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><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>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>	
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	<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 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZN M10">https://www.youtube.com/watch?v=tF9-jLZN M10</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=_g05NZ3 rro8">https://www.youtube.com/watch?v=_g05NZ3 rro8</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 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZN M10">https://www.youtube.com/watch?v=tF9-jLZN M10</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=_g05NZ3 rro8">https://www.youtube.com/watch?v=_g05NZ3 rro8</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 6th-8th Grade</b></p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZN M10">https://www.youtube.com/watch?v=tF9-jLZN M10</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=_g05NZ3 rro8">https://www.youtube.com/watch?v=_g05NZ3 rro8</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 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-jLZN M10">https://www.youtube.com/watch?v=tF9-jLZN M10</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=_g05NZ3 rro8">https://www.youtube.com/watch?v=_g05NZ3 rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b">https://www.youtube.com/watch?v=Ixbd7-c-b</a></p>	
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<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