

Aptitud Academy Lesson Plans

Week of: 4/26/21-4/30/21

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
Synchronous	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Spend 60 minutes outside til the lights come on. :)

	<p>Distance Learning:</p> <p>1) Students will be expected to take the test that was assigned on Friday about:</p> <p>Class Norms Mindfulness 3 Different Ways to throw a frisbee?</p> <p>Watch the video on Google Classroom and be ready to participate in Monday's activity.</p> <p>In person: Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft 12ft 18ft</p>	<p>Distance Learning:</p> <p>1) Students will be expected to take the test that was assigned on Friday about:</p> <p>Class Norms Mindfulness 3 Different Ways to throw a frisbee?</p> <p>Watch the video on Google Classroom and be ready to participate in Monday's activity.</p> <p>In person: Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft 12ft 18ft</p>	<p>Distance Learning:</p> <p>Mindfulness Video:</p> <p>Students can pick which one they want to do? https://www.youtube.com/watch?v=vARDGh069VA</p> <p>SEL Flashlight Body Scan</p> <p>NEARPOD Lesson</p> <p>In person:</p> <p>How to throw a frisbee? (Review) https://www.youtube.com/watch?v=INQexgzvw4</p> <p>Throwing Frisbee with</p>	<p>Distance Learning:</p> <p>PACER TEST @ HOME</p> <p>https://www.youtube.com/watch?v=sQdyqleIxOI</p> <p>Those who are in person will run it at school.</p> <p>Students waiting can start the Nearpod Lesson on:</p> <p>Lifelong Learning Strategies</p> <p>Due by end of Friday</p>	<p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz918UA_KXs&t=73s</p> <p>Review Video's and Spend time outside</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p>
--	---	---	--	--	---

	<p>Class Norms</p> <p>https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</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 Pull Up</p> <p>How to throw a backhand frisbee?</p> <p>https://www.youtube.com/watch?v=INQexzgzvw4</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p>	<p>partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p> <p>Advanced: Students can do this on the move, areas will be setup.</p> <p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p>	<p>Class Norms</p> <p>Mindfulness</p>	<p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p> <p>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK</p>
--	---	--	---	---------------------------------------	---

	<p>Ideas for Hybrid Learning:</p> <p>https://www.youtube.com/watch?v=tMXWPDrnv7I (Need string for this one) ??</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdygIelxOI</p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing: Push-up</p>	<p>Steps toward hybrid learning</p> <p>First UNIT:</p> <p>Ultimate Frisbee</p> <p>How to throw a backhand frisbee?</p> <p>https://www.youtube.com/watch?v=INQexzgzvw4</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p>	<p>UKes</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>https://www.youtube.com/watch?v=INQexzgzvw4</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p>	<p>https://www.youtube.com/watch?v=u3Jmy74UKes</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>https://www.youtube.com/watch?v=INQexzgzvw4</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=9KPsEdeqx8&t=157s</p>	<p>SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Google Classroom Assignments: Mind Dump Journal</p> <p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPsEdeqx8&t=157s</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--NQ5R4Dsc8hfHKbVbMbhj_b_54NhvRpr1NQ/edit#slide=id.p</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>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>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>How: Learning how to breathe with our hand and nostrils.</p>	<p>om/watch?v=0W_Ug3JEPbc</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>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>
--	--	---	---	--	---

	<p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p>	<p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#slide=id.p</p>	<p>TABATA</p> <p>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>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--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#slide=id.p</p>	
	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p>	<p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p>	<p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p>	<p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p>	
	<p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p>	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p>	<p>PACER TEST with Physical Fitness Exercises- CIRCUIT</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/edit#slide=id.g63f4d</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>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>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>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</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>a5bfd_o_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><u>le+Leg+Deadlift+FM</u> <u>S</u></p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_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><u>le+Leg+Deadlift+FM</u> <u>S</u></p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_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</p>	<p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM <u>S</u></p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</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>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPskEdqx8&t=157s</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p>	<p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVgUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p>	<p>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=M60AVSKVgUA&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</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=M60AVSKVgUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p>	
--	---	--	--	--	--

	<p>om/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</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 https://www.youtube.com/watch?v=9KPskEdex8&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>ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>PACER TEST https://www.youtube.com/watch?v=9KPskEdex8&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>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>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPsEdex8&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	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p> <p>Dynamic Warm-up Assignment</p>

Grade 7			
Unit/Chapter:	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.
----------------------	--

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	<p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p> <p>Distance Learning:</p> <p>1)Students will be expected to take the test that was assigned on Friday about:</p> <p>Class Norms Mindfulness 3 Different Ways to throw a frisbee?</p> <p>Watch the video on Google Classroom and</p>	<p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p> <p>Distance Learning:</p> <p>1)Students will be expected to take the test that was assigned on Friday about:</p>	<p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p> <p>Distance Learning:</p> <p>Mindfulness Video:</p> <p>Students can pick which one they want to do?</p> <p>https://www.youtube.c</p>	<p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p> <p>Distance Learning:</p> <p>PACER TEST @ HOME</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>be ready to participate in Monday's activity.</p> <p>In person: Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p> <p>Class Norms</p> <p>https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit</p> <p>Mindfulness</p> <p>https://www.youtube.c</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>3 Different Ways to throw a frisbee?</p> <p>Watch the video on Google Classroom and be ready to participate in Monday's activity.</p> <p>In person: Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p>om/watch?v=vARDGh069VA</p> <p>SEL Flashlight Body Scan</p> <p>NEARPOD Lesson</p> <p>In person:</p> <p>How to throw a frisbee? (Review)</p> <p>https://www.youtube.com/watch?v=INQexgzvw4</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p>https://www.youtube.com/watch?v=sQdyqleIxOI</p> <p>Those who are in person will run it at school.</p> <p>Students waiting can start the Nearpod Lesson on:</p> <p>Lifelong Learning Strategies</p> <p>Due by end of Friday</p>	<p>Review Video's and Spend time outside</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p> <p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p>
--	--	--	--	---	--

	<p>om/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sOdyqIelxOI</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sOdyqIelxOI</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sOdyqIelxOI</p>	<p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade Warm-Up</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.com/watch?v=ml6cT4AZdqI&t=922s</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>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>How: Learning how to breathe with our hand</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>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>
--	--	---	---	---	---

	<p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_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>https://www.youtube.com/watch?v=sQd_yqIelxOI</p>	<p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_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>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--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p>	<p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhljb_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</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>Mr. Negrete will</p>	<p>Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p>	<p>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>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>demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p>	<p>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXrNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/e</p>	<p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXrNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5</p>	
--	---	--	---	---	--

	<p>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>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>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</p>	<p>_TDhSZbmVUVa5tFnzEENY3gHfmrys/e dit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p>	
--	--	---	---	--	--

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

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

Grade 8

Unit/Chapter:	Steps towards Hybrid	Standards:	3.2 Refine individual personal physical fitness goals for each of the five
---------------	----------------------	------------	--

	Physical Education		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.				
Assignments					
	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	Distance Learning: PACER TEST Review: Throwing videos Nearpod: What Is Empathy? https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717	<p style="text-align: center;">Spend 60 minutes outside til the lights come on. :)</p> <p style="text-align: center;">https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p style="text-align: center;">https://www.youtube.com/watch?v=gz918UA_KXs&t=73s</p>
	Distance Learning: 1)Students will be expected to take the test that was assigned on Friday about:	Distance Learning:	Distance Learning: Mindfulness Video:	Distance Learning:	

	<p>Class Norms Mindfulness 3 Different Ways to throw a frisbee?</p> <p>Watch the video on Google Classroom and be ready to participate in Monday's activity.</p> <p>In person: Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p>1)Students will be expected to take the test that was assigned on Friday about:</p> <p>Class Norms Mindfulness 3 Different Ways to throw a frisbee?</p> <p>Watch the video on Google Classroom and be ready to participate in Monday's activity.</p> <p>In person: Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p>Students can pick which one they want to do?</p> <p>https://www.youtube.com/watch?v=vARDGh069VA</p> <p>SEL Flashlight Body Scan</p> <p>NEARPOD Lesson</p> <p>In person:</p> <p>How to throw a frisbee? (Review)</p> <p>https://www.youtube.com/watch?v=INQexzgzvw4</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p>PACER TEST @ HOME</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>Those who are in person will run it at school.</p> <p>Students waiting can start the Nearpod Lesson on:</p> <p>Lifelong Learning Strategies</p> <p>Due by end of Friday</p>	<p>Review Video's and 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</p>
--	--	---	---	--	---

	<p>Class Norms</p> <p>https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnylX5qqdM73NuWL4JNaDOOw/edit</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p>	<p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p> <p>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sQdyqIelxOI</p>	<p>Mindfulness- 10 Minutes</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVgUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment</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>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</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 https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</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 https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4</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 https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p>	<p>6th-8th Grade</p> <p>Warm-Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>
--	--	---	--	---	--

	<p>ZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj 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>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj 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>Dsc8hfHKbVbMbhj 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://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj 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 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>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about</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>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</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>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</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>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</p>	
--	--	--	--	--	--

	<p>form.</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM <u>S</u></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>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM <u>S</u></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>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p>	<p><u>S</u></p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXRNCs</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy 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=M60AVSKVgUA&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>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=M60AVSKVgUA&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>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=M60AVSKVgUA&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>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=M60AVSKVgUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p>	
--	---	---	---	---	--

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

	https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s	https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s	https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s	https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=	
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