

## Aptitud Academy Lesson Plans

Week of: 5/10//21-5/14/21

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:	Yoga and Mindfulness-School Routines/Frisbee Throwing, Steps toward Ultimate Frisbee		
Key Vocabulary:	Kindness, Stepping out of comfort zone, initiative, Throwing, Present		
Learning Objectives:	Students will continue to learn the 3 throws and rules to ultimate frisbee. Review		

### Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Synchronous</b>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>  <b>Nearpod</b>  <b>CALM Flashlight</b>    <b>Nearpod: What Is Empathy?</b>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>  <b>Nearpod</b>  <b>CALM Flashlight</b>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>  <b>Nearpod</b>  <b>CALM Flashlight</b>   <b>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</b>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>  <b>Nearpod</b>  <b>CALM Flashlight</b>	<p style="text-align: center;"><b>Write a paragraph on how you can use empathy to have better friendships?</b></p> <p style="text-align: center;"><b>Spend 60 minutes outside til the lights come on. :)</b></p>

	<p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1 LAP AROUND SCHOOL- Competitive</p> <p>Video on Disc Golf</p> <p><a href="https://www.youtube.com/watch?v=5zC7jm8D2dg">https://www.youtube.com/watch?v=5zC7jm8D2dg</a></p> <p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is</p>	<p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1 LAP AROUND SCHOOL- Competitive</p> <p>Pull Ups- PFTs</p> <p>Practice Toss Frisbee or Football.</p> <p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is</p>	<p>2 LAP AROUND SCHOOL- Competitive</p> <p>Pull Ups- PFTs</p> <p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is Empathy?</p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p>	<p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1-2 LAP AROUND SCHOOL- Running collaboratively</p> <p>EMPHASIZE-Pull Ups- PFTs</p> <p>Practice Toss Frisbee or Football.</p> <p>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</p> <p>Nearpod: What Is Empathy?</p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</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>Review Video's and Spend time outside</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p>
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	<p><b>Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></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><b>In person:</b> Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p>	<p><b>Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></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><b>In person:</b> Hula Hoop Relay Races</p> <p>Throwing Frisbee with</p>	<p><b>Distance Learning:</b></p> <p>Mindfulness Video:</p> <p>Students can pick which one they want to do?</p> <p><a href="https://www.youtube.com/watch?v=vARDGh069VA">https://www.youtube.com/watch?v=vARDGh069VA</a></p> <p>SEL Flashlight Body Scan</p> <p>NEARPOD Lesson</p> <p><b>In person:</b></p> <p>How to throw a frisbee? (Review)</p> <p><a href="https://www.youtube.com/watch?v=1NQexzgzvw4">https://www.youtube.com/watch?v=1NQexzgzvw4</a></p> <p>Throwing Frisbee with partners</p> <p>6ft</p>	<p>Distance Learning:</p> <p>PACER TEST @ HOME</p> <p><a href="https://www.youtube.com/watch?v=sQdyqlelxOI">https://www.youtube.com/watch?v=sQdyqlelxOI</a></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><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p><b>Asynchronous:</b></p> <p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p> <p><b>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</b></p>
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	<p>12ft</p> <p>18ft</p> <p>Class Norms</p> <p><a href="https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit">https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/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>Steps toward hybrid learning</p> <p>First UNIT:</p> <p>Ultimate Frisbee Pull Up</p>	<p>partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</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>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><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</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><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVqUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Cycle Analysis Assignment</b> 6th-8th Grade</p>
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	<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>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</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>Break Out Room-Topic: What are you looking forward to during Hybrid Learning?</p> <p>Paper Fitness Activity</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</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>Google Classroom Assignments: Mind Dump Journal</p> <p>PACER TEST</p> <p><a href="https://www.youtube.com/watch?v=9KPskEdq8&amp;t=157s">https://www.youtube.com/watch?v=9KPskEdq8&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>
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	<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><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">https://docs.google.com/presentation/d</a></p>	<p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</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>Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</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>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sOdyqIelxOI">https://youtu.be/sOdyqIelxOI</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>	
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	<p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI&amp;t=922s">/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>McGill Curl Up</p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</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><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>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>	
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	<p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos  <a href="https://www.youtube.com/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">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=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</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>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>	
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	<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>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=M60AVSKVq">https://www.youtube.com/watch?v=M60AVSKVq</a></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/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p>	<p>Trunk Stability-Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</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>Trunk Stability-Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20</p>	
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	<p><a href="#">UA&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>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>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=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&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>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&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>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><a href="https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&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>	
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	<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 <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 <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>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> <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>	
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<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:	Yoga and Mindfulness-School Routines/Frisbee Throwing, Steps toward Ultimate Frisbee		
Key Vocabulary:	Kindness, Stepping out of comfort zone, initiative, Throwing, Toss, Level throw, body scan		
Learning Objectives:	Students will continue to learn the 3 throws and rules to ultimate frisbee and demonstrate responsible behavior with a classmate.- Review		
<b>Assignments</b>			

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	<p><a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a></p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Nearpod: What Is Empathy?</p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1 LAP AROUND SCHOOL-Competitive</p> <p>Video on Disc Golf</p> <p><a href="https://www.youtube.com/watch?v=5zC7j">https://www.youtube.com/watch?v=5zC7j</a></p>	<p><a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a></p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1 LAP AROUND SCHOOL-Competitive</p> <p>Pull Ups- PFTs</p> <p>Practice Toss Frisbee or Football.</p>	<p><a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a></p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>2 LAP AROUND SCHOOL-Competitive</p> <p>Pull Ups- PFTs</p>	<p><a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a></p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1-2 LAP AROUND SCHOOL- Running collaboratively</p> <p>EMPHASIZE-Pull Ups- PFTs</p> <p>Practice Toss Frisbee or Football.</p>	<p>Write a paragraph on how you can use empathy to have better friendships?</p> <p>Spend 60 minutes outside til the lights come on. :)</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="#">m8D2dg</a></p> <p><b>Distance Learning:</b></p> <p>PACER TEST</p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></p> <p>PACER TEST</p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p>	<p><b>Distance Learning:</b></p> <p>PACER TEST</p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></p> <p>Mindfulness Video:</p> <p>Students can pick which one they want to do?</p> <p><a href="https://www.youtube.com/watch?v=vARDGh069VA">https://www.youtube.com/watch?v=vARDGh069VA</a></p> <p>SEL Flashlight Body Scan</p> <p><b>Distance Learning:</b></p> <p>1)Students will be expected to take the test that was assigned on Friday about:</p>	<p><b>Distance Learning:</b></p> <p>PACER TEST</p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></p> <p>Mindfulness Video:</p> <p>Students can pick which one they want to do?</p> <p><a href="https://www.youtube.com/watch?v=vARDGh069VA">https://www.youtube.com/watch?v=vARDGh069VA</a></p> <p>SEL Flashlight Body Scan</p>	<p><b>Distance Learning:</b></p> <p>PACER TEST</p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></p> <p>PACER TEST @ HOME</p>	<p><b>Review Video's and Spend time outside</b></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p><b>Asynchronous:</b></p> <p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p>
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	<p><b>Distance Learning:</b></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><b>In person:</b> Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</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><b>In person:</b> Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p>NEARPOD Lesson</p> <p><b>In person:</b></p> <p>How to throw a frisbee? (Review)</p> <p><a href="https://www.youtube.com/watch?v=INQexzgzvw4">https://www.youtube.com/watch?v=INQexzgzvw4</a></p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></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><b>Review Movement Patterns</b></p> <p><a href="https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s</a></p> <p><b>Continue to Review Character Traits</b></p> <p><b>YouTube COOK SQUAT</b></p> <p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">https://www.youtube.com/watch?v=Ag2Qwu5nH2c</a></p> <p><b>REVIEW/Youtube Characteristics/PPT</b></p> <p><b>NPH-H- REDUCING HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p>
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	<p>Class Norms</p> <p><a href="https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit">https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/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><a href="https://www.youtube.com/watch?v=u3Jmy74UKcs">https://www.youtube.com/watch?v=u3Jmy74UKcs</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>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>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/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</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/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</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/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</a></p>	<p><b>Personal Life Cycle Analysis Assignment 6th-8th Grade Warm-Up</b></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game 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-bU&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-bU&amp;t=4s</a></p>
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	<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>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>	
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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--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>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</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</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>	
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	<p><a href="https://www.youtube.com/watch?v=8JYNbNYqMTk">e.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>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></p>	<p>Exercises- CIRCUIT</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>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>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>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>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>	
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	<p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p>	<p>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/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_o_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</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_o_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_o_60</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>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">https://docs.google.com/presentation/d/17T4jop03BS7kn5</a></p>	
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	<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>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=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s</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>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><a href="https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s</a></p> <p>Continue to Review Character Traits</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><a href="https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s">https://www.youtube.com/watch?v=M60AVSKVgUA&amp;t=273s</a></p>	<p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">_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>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p>	
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	<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>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>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>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</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>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>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>Warm-Up</p>	
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	<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>Movie: The Perfect Game 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_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p>within your home</p> <p>Movie: The Perfect Game 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_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</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_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></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>Mr. Llamas-SEL Movie: The Perfect Game 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_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	
<b>Asynchronous</b>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>

**Grade 8**

Unit/Chapter:	Steps towards Hybrid	Standards:	3.2 Refine individual personal physical fitness goals for each of the five
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	Physical Education		components of health related physical fitness, using research-based criteria.		
Concepts/Skills:	Class Norms, and Adapting to new model, Mindfulness				
Key Vocabulary:	Kindness, Stepping out of comfort zone, initiative, Throwing, Teamwork, listening to our body, stress				
Learning Objectives:	Students will continue to learn the 3 throws and rules to ultimate frisbee and demonstrate responsible behavior with a classmate. Review				
<b>Assignments</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Synchronous</b>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>	<a href="https://www.youtube.com/watch?v=VpW33Celubg">https://www.youtube.com/watch?v=VpW33Celubg</a>	Write a paragraph on how you can use empathy to have better friendships?  Spend 60 minutes outside til the lights come on. :)
	Nearpod  CALM Flashlight	Nearpod  CALM Flashlight	Nearpod  CALM Flashlight	Nearpod  CALM Flashlight	
	Nearpod: What Is Empathy?  <a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a>	Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.  1 LAP AROUND SCHOOL- Competitive	Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.  2 LAP AROUND SCHOOL- Competitive	Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.  1-2 LAP AROUND SCHOOL- Running collaboratively	<a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a>
	Warm-Up: Jumping				



	<p><b>Jacks, SLDL, Push-Ups, Lunges.</b></p> <p><b>1 LAP AROUND SCHOOL-Competitive</b></p> <p><b>Video on Disc Golf</b></p> <p><a href="https://www.youtube.com/watch?v=5zC7jm8D2dg">https://www.youtube.com/watch?v=5zC7jm8D2dg</a></p>	<p><b>Pull Ups- PFTs</b></p> <p><b>Practice Toss Frisbee or Football.</b></p> <p><b>Distance Learning:</b></p> <p><b>PACER TEST</b></p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p>	<p><b>Pull Ups- PFTs</b></p> <p><b>Distance Learning:</b></p> <p><b>PACER TEST</b></p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p>	<p><b>EMPHASIZE-Pull Ups- PFTs</b></p> <p><b>Practice Toss Frisbee or Football.</b></p> <p><b>Distance Learning:</b></p> <p><b>PACER TEST</b></p> <p><b>Review: Throwing videos</b></p> <p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p>	<p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p><b>Review Video's and Spend time outside</b></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_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>
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	<p><b>Nearpod: What Is Empathy?</b></p> <p><a href="https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717">https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</a></p> <p><b>Distance Learning:</b></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><b>In person:</b> Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p><b>Distance Learning:</b></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><b>In person:</b> Hula Hoop Relay Races</p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p><b>Distance Learning:</b></p> <p>Mindfulness Video:</p> <p>Students can pick which one they want to do?</p> <p><a href="https://www.youtube.com/watch?v=vARDGh069VA">https://www.youtube.com/watch?v=vARDGh069VA</a></p> <p>SEL Flashlight Body Scan</p> <p>NEARPOD Lesson</p> <p><b>In person:</b></p> <p>How to throw a frisbee? (Review)</p> <p><a href="https://www.youtube.com/watch?v=INQexzgzw4">https://www.youtube.com/watch?v=INQexzgzw4</a></p> <p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p>	<p><b>Distance Learning:</b></p> <p>PACER TEST @ HOME</p> <p><a href="https://www.youtube.com/watch?v=sQdyqIelxOI">https://www.youtube.com/watch?v=sQdyqIelxOI</a></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><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 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</b></p>
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	<p>18ft</p> <p>Class Norms</p> <p><a href="https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/edit">https://docs.google.com/document/d/1st89M9Gz4blvKlsRCAvjnyIX5qqdM73NuWL4JNaDOOw/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</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>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>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><b>HEALTH RISKS</b> Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p><b>Personal Life Cycle Analysis Assignment</b> 6th-8th Grade</p> <p>Warm-Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>
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	<p>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/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</a></p> <p>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p><a href="https://youtu.be/sQdyqIelxOI">https://youtu.be/sQdyqIelxOI</a></p> <p>Mindfulness</p> <p><b>What:</b> Mindfulness is the quality or state of being conscious or aware of something.</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>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><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</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</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><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>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>	
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	<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/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</a></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/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</a></p> <p>Making snacks with</p>	<p>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/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_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://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_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  <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--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p">https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_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>	
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	<p>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>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p>McGill Curl Up <a href="https://www.youtube.com/watch?v=4hCrmvzu3u4">https://www.youtube.com/watch?v=4hCrmvzu3u4</a></p> <p><a href="https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz9l8UA_KXs&amp;t=73s</a></p> <p><a href="https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s">https://www.youtube.com/watch?v=4hCrmvzu3u4&amp;t=15s</a></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>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</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>	
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	<p><a href="https://www.youtube.com/watch?v=gz918UA_KXs&amp;t=73s">https://www.youtube.com/watch?v=gz918UA_KXs&amp;t=73s</a></p> <p>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>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>Mr. Negrete will demonstrate form</p> <p>Students will work in break out rooms to give feedback to one another about form.</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p>	<p><a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p>Trunk Stability-Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20 Minutes with</p>	<p>REVIEWS</p> <p>FMS Youtube Videos <a href="https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS">https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</a></p> <p>Trunk Stability-Push-up</p> <p><a href="https://www.youtube.com/watch?v=Vm-2eSXRNCs">https://www.youtube.com/watch?v=Vm-2eSXRNCs</a></p> <p><a href="https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60">https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</a></p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p>	
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	<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><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>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><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>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><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.youtub">https://www.youtub</a></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><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</p>	
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	<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 Circle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</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 Circle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p>	<p><a href="https://www.youtube.com/watch?v=Ag2Qwu5nH2c">e.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 Circle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p>	<p>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>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>	
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	<p>Pulse and HR</p> <p><a href="https://www.youtube.com/watch?v=tF9-jLZNM10">https://www.youtube.com/watch?v=tF9-jLZNM10</a></p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p><a href="https://www.youtube.com/watch?v=_g05NZ3rro8">https://www.youtube.com/watch?v=_g05NZ3rro8</a></p> <p><a href="https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=4s</a></p>	<p>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=">https://www.youtube.com/watch?v=Ixbd7-c-b_U&amp;t=</a></p>	
<b>Asynchronous</b>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>	<p>Google Classroom Assignments: Mind Dump Journal Pictures from PACER</p>