

Aptitud Academy Lesson Plans

Week of: 6/1//21-6/5/21

Grade Level: 6th - 8th

Grade 6

Unit/Chapter:	Preparing for Summer Routines/Mental/Physical Health	Standards:	Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.
Concepts/Skills:	Learning to be independent during summer time (Keeping healthy routines)		
Key Vocabulary:	Phone management, food, Meditation, and Social groups		
Learning Objectives:	Students will learn how to create a checklist of fun and responsible tasks Plus, Intro to Spikeball (Continued, vollying 10-15 times with a group)		

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	Creating a checklist and ways to make free and inexpensive social activities 6 ft apart. Plus, Intro to Spikeball https://www.youtube.com/watch?v=RULU1m9_008	Creating a checklist and ways to make free and inexpensive social activities 6 ft apart. Plus, Intro to Spikeball https://www.youtube.com/watch?v=RULU1m9_008	Healthy Breakfast Meals w/o heat or sharp objects (Will adapt) https://www.youtube.com/watch?v=-jUfJDJenN8	Healthy Breakfast Meals w/o heat or sharp objects (Will adapt) https://www.youtube.com/watch?v=-jUfJDJenN8	Students should be making a list of how they are going to improve their grades before the end of the year?

	<p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://us02web.zoom.us/j/81686334295?pwd=dC9F5SHZuMkVBL1F4dENROG5kMXNLQT09</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p>	<p>m9_008</p> <p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p>	<p>PACER TEST</p> <p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p>	<p>PACER TEST</p> <p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</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>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</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>https://www.youtube.com/watch?v=5zC7jm8D2dg</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>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>Distance Learning:</p> <p>PACER TEST</p> <p>Review: Throwing videos</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>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</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>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p>	<p>e.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>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</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</p> <p>12ft</p> <p>18ft</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 be ready to participate in Monday’s activity.</p> <p>In person: Hula Hoop Relay Races</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=INQexzgzvw4</p> <p>Throwing Frisbee with partners</p> <p>6ft</p>	<p>Distance Learning:</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>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p>
--	--	--	--	--	--

	<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>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=INQexzgzv4</p>	<p>Throwing Frisbee with partners</p> <p>6ft</p> <p>12ft</p> <p>18ft</p> <p>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</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>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=9KPskEdeqx8&t=157s</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>
--	---	---	--	--------------------	--

	<p>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=INQexgzvw4</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>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=INQexgzvw4</p> <p>Paper Fitness Activity</p> <p>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical</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</p> <p>How to throw a backhand frisbee?</p> <p>https://www.youtube.com/watch?v=INQexgzvw4</p> <p>Paper Fitness Activity</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>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</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 and nostrils.</p> <p>TABATA</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>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>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p> <p>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://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p> <p>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>How: Learning how to breathe with our hand and nostrils.</p> <p>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</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>e.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</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</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>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>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>to give feedback to one another about form.</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</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>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 PACER TEST: GOAL Listen to your body 75-110 PACES</p>	<p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FM</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>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=9KPsKEdeqx8&t=157s</p> <p>https://www.youtube.c</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</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</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>om/watch?v=Ixbd7-c-b_U</p> <p>https://www.youtube.com/watch?v=-LV80xyD5SM</p>	<p>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>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>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</p>	
--	--	--	--	---	--

				<p>slides</p> <p>Creating a Mile Run within your home</p> <p>PACER TEST</p> <p>https://www.youtube.com/watch?v=9KPsEd eqx8&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:	Preparing for Summer Routines/Mental/Physical Health	Standards:	Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Concepts/Skills:	Learning to be independent during summer time (Keeping healthy routines)
Key Vocabulary:	Phone management, food, Meditation, and Social groups
Learning Objectives:	Students will learn how to create a checklist of fun and responsible tasks Plus, Intro to Spikeball (Continued, vollying 10-15 times with a group)

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	<p>Creating a checklist and ways to make free and inexpensive social activities 6 ft apart.</p> <p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p> <p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p>	<p>Creating a checklist and ways to make free and inexpensive social activities 6 ft apart.</p> <p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p> <p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p>	<p>Healthy Breakfast Meals w/o heat or sharp objects (Will adapt)</p> <p>https://www.youtube.com/watch?v=-jUfJDJenN8</p> <p>PACER TEST</p>	<p>Healthy Breakfast Meals w/o heat or sharp objects (Will adapt)</p> <p>https://www.youtube.com/watch?v=-jUfJDJenN8</p> <p>PACER TEST</p> <p>We will watch clips from the Black Panther, the students</p>	<p>Students should be making a list of how they are going to improve their grades before the end of the year?</p> <p>Write a paragraph on how you can use empathy to have better friendships?</p>

	<p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t</p>	<p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1 LAP AROUND SCHOOL-</p>	<p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p>	<p>will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1-2 LAP AROUND</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=gz918UA_KXs&t=73s</p> <p>Review Video's and Spend time outside</p>
--	--	---	---	--	---

	<p>/life-skills/8th/what-is-empathy-L77603717</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>https://www.youtube.com/watch?v=5zC7jm8D2dg</p>	<p>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 Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</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>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p>	<p>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>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</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>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</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>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>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>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</p> <p>12ft</p> <p>18ft</p>	<p>Distance Learning:</p> <p>Mindfulness Video:</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>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>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>Distance Learning:</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS</p> <p>Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade Warm-Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect</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/1st89M9Gz4blvKlsRCAvjnylX5qqdM73NuWL4JNaDOOw/edit</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</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>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>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>Game</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>
--	---	--	--	--	--

	Break Out Room- Topic: What are you looking forward to during Hybrid Learning?	https://www.youtube.com/watch?v=0W_Ug3JEPbc	https://www.youtube.com/watch?v=0W_Ug3JEPbc	https://www.youtube.com/watch?v=0W_Ug3JEPbc	
	Paper Fitness Activity	Practice Physical Fitness Testing: PACER Test	Practice Physical Fitness Testing: PACER Test	Practice Physical Fitness Testing: PACER Test	
	https://www.youtube.com/watch?v=0W_Ug3JEPbc	https://youtu.be/sQdyqIelxOI	https://youtu.be/sQdyqIelxOI	https://youtu.be/sQdyqIelxOI	
	Practice Physical Fitness Testing: PACER Test	Designing your Zoom Background	Designing your Zoom Background	Designing your Zoom Background	
https://youtu.be/sQdyqIelxOI	Practice Physical Fitness Testing	Practice Physical Fitness Testing	Practice Physical Fitness Testing		
	Mindfulness	Mindfulness	Mindfulness		
	What: Mindfulness is the quality or state of being conscious or aware of something.	What: Mindfulness is the quality or state of being conscious or aware of something.	What: Mindfulness is the quality or state of being conscious or aware of something.		
Designing your Zoom Background	Why: to achieve a state of alert, focused	Why: to achieve a state of alert, focused	What: Mindfulness is the quality or state of being conscious or		

	<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>TABATA</p> <p>https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p>	<p>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--NQ5R4Dsc8hfHKbVbMbhjb_54NhvRpr1NQ/edit#slide=id.p</p>	<p>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--NQ5R4Dsc8hfHKbVbMbhjb_54NhvRpr1NQ/edit#slide=id.p</p>	<p>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--NQ5R4Dsc8hfHKbVbMbhjb_54NhvRpr1NQ/edit#slide=id.p</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>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>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>Making snacks with students.</p> <p>https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT</p> <p>https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up</p> <p>https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	
--	---	---	---	---	--

	<p>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>Mr. Negrete will demonstrate form</p> <p>Students will work</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://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXrNCs</p>	<p>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability-Push-up</p> <p>https://www.youtube.com/watch?v=Vm-2eSXrNCs</p>	
--	---	--	---	---	--

	<p>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+Sing+Leg+Deadlift+FM+S</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</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>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>e.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>Mindfulness: 20 Minutes with Sensory Toys</p> <p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>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://www.youtube.com/watch?v=Ag2Qwu5nH2c</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</p>	<p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p>	<p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p>	
--	--	---	---	---	--

	<p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game 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>Movie: The Perfect Game Basics of a Jump Rope</p>	<p>6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Movie: The Perfect Game Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Pulse and HR</p> <p>https://www.youtube.com/watch?v=tF9-jLZNM10</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=_g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>	<p>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>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=tF9-jLZNM10</p>	
--	---	---	---	--	--

	https://www.youtube.com/watch?v=g05NZ3rro8			om/watch?v=Ixbd7-c-b_U&t=4s	
	https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s				
Asynchronous	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER	Google Classroom Assignments: Mind Dump Journal Pictures from PACER

Grade 8

Unit/Chapter:	Preparing for Summer Routines/Mental/Physical Health	Standards:	Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.
Concepts/Skills:	Learning to be independent during summer time (Keeping healthy routines)		
Key Vocabulary:	Phone management, food, Meditation, and Social groups		
Learning Objectives:	Students will learn how to create a checklist of fun and responsible tasks Plus, Intro to Spikeball (Continued, vollying 10-15 times with a group)		

Assignments

	Monday	Tuesday	Wednesday	Thursday	Friday
Synchronous	Creating a checklist and ways to make free and inexpensive social activities 6 ft apart.	Creating a checklist and ways to make free and inexpensive social activities 6 ft apart.	Healthy Breakfast Meals w/o heat or sharp objects (Will adapt) https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s	Healthy Breakfast Meals w/o heat or sharp objects (Will adapt) https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s	Students should be making a list of how they are going to improve their grades before the end of the year?

	<p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p>	<p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p>	<p>com/watch?v=-jUfJDJenN8</p>	<p>com/watch?v=-jUfJDJenN8</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>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>
	<p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p>	<p>Plus, Intro to Spikeball</p> <p>https://www.youtube.com/watch?v=RULU1m9_008</p>	<p>PACER TEST</p> <p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p> <p>https://www.youtube.com/watch?v=-jUfJDJenN8</p>	<p>PACER TEST</p> <p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</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>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p>
	<p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p>	<p>We will watch clips from the Black Panther, the students will write a paragraph on empathy with a partner.</p>	<p>https://www.youtube.com/watch?v=-jUfJDJenN8</p>		

	<p>https://www.youtube.com/watch?v=VpW33Celubg</p> <p>Nearpod</p> <p>CALM Flashlight</p> <p>Nearpod: What Is Empathy?</p> <p>https://nearpod.com/t/life-skills/8th/what-is-empathy-L77603717</p> <p>Warm-Up: Jumping Jacks, SLDL, Push-Ups, Lunges.</p> <p>1 LAP AROUND SCHOOL- Competitive</p> <p>1 LAP AROUND SCHOOL- Competitive</p>	<p>https://www.youtube.com/watch?v=VpW33Celubg</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>com/watch?v=VpW33Celubg</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>https://www.youtube.com/watch?v=VpW33Celubg</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>https://www.youtube.com/watch?v=gz918UA_KXs&t=73s</p> <p>Review Video's and Spend time outside</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tF_nzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Asynchronous:</p> <p>Submit a gratitude list of 12 things you are grateful for.</p> <p>Submit on google classroom</p>
--	--	--	--	--	--

	<p>Video on Disc Golf</p> <p>https://www.youtube.com/watch?v=5zC7jm8D2dg</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</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.com/watch?v=vARDGh069VA</p> <p>SEL Flashlight Body</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>Asynchronous: Take a picture of your Youtube video proving Mindfulness- 10 Minutes</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS</p> <p>Students will be able</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</p> <p>12ft</p> <p>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</p> <p>12ft</p> <p>18ft</p>	<p>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>Class Norms</p> <p>Mindfulness</p> <p>https://www.youtube.com/watch?v=u3Jmy74UKcs</p>	<p>Distance Learning:</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>to demonstrate the ability to practice healthy enhancing behaviors and reduce health risk.</p> <p>Personal Life Cycle Analysis Assignment 6th-8th Grade</p> <p>Warm-Up</p> <p>Looking Heart Rate slides</p> <p>Creating a Mile Run within your home</p> <p>Basics of a Jump Rope</p> <p>https://www.youtube.com/watch?v=g05NZ3rro8</p> <p>https://www.youtube.com/watch?v=Ixbd7-c-b_U&t=4s</p>
--	--	--	---	---	---

	<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>Paper Fitness Activity</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>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>Designing your Zoom Background</p> <p>Practice Physical Fitness Testing</p> <p>Mindfulness</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>https://www.youtube.com/watch?v=0W_Ug3JEPbc</p> <p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sOdyqIelxOI</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</p>	<p>Practice Physical Fitness Testing: PACER Test</p> <p>https://youtu.be/sOdyqIelxOI</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>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--NQ5R4Dsc8hfHKbVbMbhIj_b_54NhvRpr1NQ/edit#slide=id.p</p>	<p>IelxOI</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>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--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk</p>	<p>TABATA https://www.youtube.com/watch?v=ml6cT4AZdqI&t=922s</p> <p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT https://www.youtube.com/watch?v=sQdyqIelxOI</p>	<p>Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT https://www.youtube.com/watch?v=sQdyqIelxOI</p> <p>McGill Curl Up https://www.youtube.com/watch?v=4hCrmvzu3u4</p>	<p>https://docs.google.com/presentation/d/1tzHEcNk--NQ5R4Dsc8hfHKbVbMbhj b_54NhvRpr1NQ/edit#slide=id.p</p> <p>Making snacks with students. https://www.youtube.com/watch?v=8JYNbNYqMTk</p> <p>PACER TEST with Physical Fitness Exercises- CIRCUIT 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>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>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>https://www.youtube.com/watch?v=4hCrmvzu3u4&t=15s</p> <p>https://www.youtube.com/watch?v=gz9l8UA_KXs&t=73s</p> <p>REVIEWS</p> <p>FMS Youtube Videos https://www.youtube.com/results?search_query=FMS+Single+Leg+Deadlift+FMS</p> <p>Trunk Stability- Push-up https://www.youtube.com/watch?v=Vm-2eSXRnCs</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>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+Sing+Le+Leg+Deadlift+FM+S</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy</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+Sing+Le+Leg+Deadlift+FM+S</p> <p>https://docs.google.com/presentation/d/17T4jop03BS7kn5_TDhSZbmVUVa5tFnzEENY3gHfmrys/edit#slide=id.g63f4da5bfd_0_60</p> <p>Reviewing Grades with classes</p> <p>Tabata and Healthy Holidays Snacks</p> <p>Substitutions during the Holidays</p> <p>Mindfulness: 20</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>le+Leg+Deadlift+FM S</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>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>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>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p> <p>REVIEW/Youtube Characteristics/PPT</p> <p>NPH-H- REDUCING HEALTH RISKS Students will be able to demonstrate the ability to practice healthy enhancing</p>	<p>Wednesday/Thursday PACER TEST: GOAL Listen to your body 75-110 PACES</p> <p>Character Traits: Review</p> <p>Mindfulness</p> <p>Review Movement Patterns</p> <p>https://www.youtube.com/watch?v=M60AVSKVqUA&t=273s</p> <p>Continue to Review Character Traits</p> <p>YouTube COOK SQUAT</p> <p>https://www.youtube.com/watch?v=Ag2Qwu5nH2c</p>	
--	---	---	--	---	--

	<p>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>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>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>https://www.youtube.com/watch?v=Ixbd7-c-bU&t=4s</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>	
--	---	---	--	---	--

	<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>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://www.youtube.com/watch?v=Ixbd7-c-b_U&t=</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>