

Brandon Arrington
Lesson Plan Blank Template

Content _____ P.E./Health _____ Grade 7th _____

| Week of.... 4/6/20-4/10/20 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|---|
| CANVAS will be the learning platform that you will use. | Standard(s) NCES.P E.7.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | Standard(s) NCES.P E.7.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | Standard(s) 7.MEH.2 Evaluate positive stress management strategies. | Standard(s) NCES.PE.7.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities. | Standards(s) NCES.PE.7.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities. |
| Activity/Assignment aligned with standard All activities/assignments in this block will be <i>graded assignments</i> | <i>STRETCH-Students will spell their first and last name. Each letter has an exercise assigned to it. Students will do each exercise and take a 30-45 second break in between each letter.</i> | STRETCH Students will watch the workout video and participate in aerobic activities. Take a break as needed and stay hydrated. | Students will watch a documentary about an athlete that had to overcome stressful situations to be successful. Students will then answer questions while watching. GRADED | STRETCH Students will watch the workout video and participate in aerobic activities. Take a break as needed and stay hydrated. | <i>STRETCH-Students will spell their first and last name. Each letter has an exercise assigned to it. Students will do each exercise and take a 30-45 second break in between each letter.</i> All work due after you designated class time |
| Enrichment Activities | Practice exercising to get to a high level. | Practice exercising to get to a high level. | Practice exercising to get to a high level. | Practice exercising to get to a high level. | Practice exercising to get to a high level. |

