

Brandon Arrington  
Lesson Plan Blank Template  
Content  P.E./Health  Grade  6

Week of.... 4/6/20-4/10/20	Monday	Tuesday	Wednesday	Thursday	Friday
<b>CANVAS will be the learning platform that you will use.</b>	Standard(s) <b>NCES.P E.6.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b>	Standard(s) <b>NCES.P E.6.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b>	Standard(s) <b>6.MEH.2</b> Analyze the potential outcome of positive stress management technique.	Standard(s) <b>NCES.PE. 6.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b>	Standards(s) <b>NCES.PE .6.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b>
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>	<b>STRETCH</b> 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.  <b>GRADED</b>	<b>STRETCH</b> 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>  <b>All work due after you designated class time.</b>
Enrichment Activities	Practice exercising to get to a high level.	Practice exercising to get to a high level.	Practice ways to relieve stress.	Practice exercising to get to a high level.	Practice exercising to get to a high level.

<b>(practice- not graded)</b>					
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