

**Brandon Arrington**  
**Lesson Plan Blank Template**

Content \_\_\_\_\_ P.E./Health \_\_\_\_\_ Grade\_8th \_\_\_\_\_

Week of.... 4/6/20-4/10/20	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CANVAS will be the learning platform that you will use.</b></p>	<p><b>Standard(s)NCES.P E.8.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b></p>	<p><b>Standard(s)NCES.P E.8.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b></p>	<p><b>Standard(s)8.MEH.1 Create positive stress management strategies.</b></p>	<p><b>Standard(s)NCES.PE. 8.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b></p>	<p><b>Standards(s)NCES.PE .8.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.</b></p>
<p><b>Activity/Assignment aligned with standard</b></p> <p><b>All activities/assignments in this block will be graded assignments</b></p>	<p><i><b>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.</b></i></p>	<p><b>STRETCH</b>            Students will watch the workout video and participate in aerobic activities.</p> <p>Take a break as needed and stay hydrated.</p>	<p>Students will watch a documentary about an athlete that had to overcome stressful situations to be successful. Students will then answer questions while watching.</p> <p><b>GRADED</b></p>	<p><b>STRETCH</b>            Students will watch the workout video and participate in aerobic activities.</p> <p>Take a break as needed and stay hydrated.</p>	<p><i><b>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.</b></i></p> <p><b>All work due after you designated class time</b></p>

<b>Enrichment Activities (practice- not graded)</b>	<b>Practice exercising to get to a high level.</b>	<b>Practice exercising to get to a high level.</b>	<b>Practice exercising to get to a high level.</b>	<b>Practice exercising to get to a high level.</b>	<b>Practice exercising to get to a high level.</b>
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