*Grade 6*
Distance Learning Module 3: Week of: April 13-17

# Grade 6 Healthy Living:

## Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Yoga and movement are healthy for our bodies and our minds, humor is healthy for our immune system and overall health, it is important to move and take breaks when sitting for a prolonged period of time, being outdoors in nature and around plants has a positive effect on our mental health

**Vocabulary:**Yoga, stress, breath awareness, pride pose, warrior pose, mountain pose, lunge, corpse pose, nature, inspire

**Skills:** Practice yoga postures learned in class, have fun with pets & family, recognize the impact of prolonged sitting, recognize the benefits of exercise, identify and share through pictures the things in nature and outdoors that inspire you
**Expectation:**

| Description of Task (s): | Resources and Materials: | Daily Checks<br>(Return to Google Classroom or snapshots from a cell phone) |
|---|---|---|
| Monday:<br>Practice yoga today to get moving. Either before you begin school, during a break, or afterwards.<br>Look at the Animals and Yoga page and get some ideas for taking a picture of one of the following choices: you in a yoga pose with a pet, sibling, parent, stuffed animal OR a pet, sibling, or parent in a yoga pose, OR you in a yoga pose behind someone who doesn't know you are there. | Yoga Postures for Stress<br><br>Yoga with Animals Page | ● I will receive your picture and share them soon with our class |
| Tuesday: | | |
| Wednesday:<br>Watch the video about sitting and try to move | The Hidden Risks of Sitting Video | ● I will read your response to the |

| Description of Task (s): | Resources and Materials: | Daily Checks<br>(Return to Google Classroom or snapshots from a cell phone) |
|---|---|---|
| today and take breaks. Then, watch the video about What Happens to Your Body When You Exercise, and answer the question in Classroom. | What Happens to Your Body When You Exercise Video | question in Classroom |
| Thursday: | | |
| Friday:<br>Get outside today and take some nature pics | Take some pictures of plants, nature, or hopeful spring growth to inspire us this weekend. Use the Google Classroom app if you have a Smartphone or ask parents to help with their phone. | ● I will see your nature picture so I can post and share them with our class |

**Week criteria for success**: Practice yoga, take and submit pictures, watch videos, and submit answer to question in Classroom

**Supportive resources and tutorials for the week**: re-watch videos as needed, email me any time, I am available 9-2 for any questions or comments