

Grade 6-8

Distance Learning Module 1: Week of: March 30 - April 3

Content Area: PE Fitness

Targeted Goals from Stage 1: Students will create and experience a 15-20 minute workout choosing components from a Fitness Matrix.

Content Knowledge: Cardiovascular Training works the heart and lungs

Vocabulary: Cardiovascular Training

Skills: Choosing and applying cardiovascular exercises in a workout.

Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Choose Cardio exercises to create a 15-20 minute cardio workout	Google Classroom Resource	
Tuesday:		
Wednesday: Choose Cardio exercises to create a 15-20 minute cardio workout	Google Classroom Resource	
Thursday:		
Friday: Choose Cardio exercises to create a 15-20 minute cardio workout	Google Classroom Resource	Week one Journal

Week criteria for success (attach student checklists or rubrics):

Completion of a Google Form reflecting on their experience.

Supportive resources and tutorials for the week (plans for re-teaching):

Darebee website