Grade 9-12
Distance Learning Module #2: Week of: April 6 - April 10 2020

Content Area: Physical Education Course Title – Stress Management Techniques

Targeted Goals from Stage 1: Desired Results

Standard 7: Practicing Health-Enhancing Behaviors

Performance Indicator 7.12.3: Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.

Content Knowledge:
Students will be able to:

1. Evaluate effective strategies for dealing with stress

2. Apply stress-management techniques to manage personal stressors.

3. Practice stress-management techniques.

Vocabulary: Gratitude, Mindfulness

Skills: Stress Management Techniques
Expectation: Learn and practice various, effective, traditional relaxation methods. Daily reflections and activities.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Gratitude – View powerpoint presentation –	Gratitude slides	Stress Management Journal - Day 1 – answer the following:

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view each video fill in Day 1 journal entry		What Touched me today? Who or what inspired me today?
Tuesday: Gratitude – Review powerpoint presentation – Share your appreciation with someone by phone messaging them.	Gratitude slides	Stress Management Journal - Day 2- answer the following: What Made Me Smile today? Take a Screenshot (picture) of the message that you sent and attach it to your reflection document
Wednesday: Mindfulness - View powerpoint presentation –view each video-practice 2 minutes of solitude	Mindfulness slides	Two Minutes of Solitude Click link and relax. Do the five finger relaxation technique from powerpoint. Take a Screenshot (picture) of the message that you received back and attach it to your reflection document
Thursday: Mindfulness-review powerpoint presentation View powerpoint video “Zen Meditation Music”	Mindfulness slides	Find a Quiet Place To Meditate for 6 minutes to “Zen Meditation Music” Mindful Topics Pick one Topic and reflect on it using at least three sentences. Write a brief reflection on this week’s

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Respond to a “Mindful Topic”		activities and submit your finished module reflection Sheet.

Friday: Relax - Good Friday - No School

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

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

There will be two online opportunities each week to meet as a class as well as individual office hours to be determined by the teacher of the class

Unit guide to stress management:

Link to HealthSmart-Lesson 6: Ways to Manage Stress posted in Google classroom