

Grade 6-8

Distance Learning Module 3: Week of: 4/13<sup>th</sup> – 4/17<sup>th</sup>

## **Content Area: Physical Education / Fitness**

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

**Content Knowledge:** A variety of stretches can be used to improve one's flexibility

**Vocabulary:** Flexibility, movement, Dynamic, Static

**Skills:** Choosing and applying flexibility 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: <b>Choose one bingo row to complete for the week, one square per day</b>	google classroom resource	Daily reflection
Tuesday: <b>Complete the free day activity in your row if you choose</b>		
Wednesday: <b>Continue the same row, completing a new square</b>	google classroom resource	Daily reflection
Thursday: <b>Continue the same row, completing a new square</b>	google classroom resource	daily reflection
Friday: <b>Can you complete the final square to complete your BINGO!!</b>		

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

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