

Grade 9-12

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

Content Area: Physical Education Course Title - *Fitness*

Targeted Goals from Stage 1: Students will complete Fitness workouts using the fitness matrix on Google classroom.

- ★ **Content Knowledge: Fitness**
- ★ **Skills: Cardiovascular Endurance, Muscular Endurance, Muscular Strength**
- ★ **Expectation: Please follow the directions under Description Of Task. The intent is to choose something different each day and be active for about 30 minutes, however you may repeat a square if you choose to. On Friday, be sure to complete the Google Form Journal (the link is at the bottom of the page).**

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Access your Google Class Page. Review the student letter. Watch your teacher's introductory video/message.		Send a message/respond in Google Classroom with a quick "hello" in the stream.
Tuesday: Choose ONE Matrix square workout components to create a daily workout to complete	<u>Google Classroom Assigned Matrix</u>	
Wednesday: Choose TWO Matrix Square workout components to create a daily workout to complete	<u>Google Classroom Assigned Matrix</u>	
Thursday: Choose TWO Matrix workout components to create a daily workout to complete	<u>Google Classroom Assigned Matrix</u>	
Friday: Choose TWO Matrix workout components to create a daily workout to complete	<u>Google Classroom Assigned Matrix</u>	<u>Google Form</u> - accountability journal submitted to Google Classroom

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

Google Form Journal

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

Found on DAREBEE website