

Grade 8

Distance Learning Module 3: Week of: April 13-17

## Grade 8 Healthy Living:

### Targeted Goals from Stage 1: Desired Results

Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Practice yoga today to get moving. Either before you begin school, during a break, or afterwards. 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  Yoga with Animals Page	<ul style="list-style-type: none"><li>I will receive your picture and share them soon with our class</li></ul>
Tuesday:		
Wednesday: Watch the video about sitting and try to move today and take breaks. Then, watch the video about What Happens to Your Body When You Exercise, and answer the question in Classroom.	The Hidden Risks of Sitting Video  What Happens to Your Body When You Exercise Video	<ul style="list-style-type: none"><li>I will read your response to the question in Classroom</li></ul>
Thursday:		

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Friday: 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.	<ul style="list-style-type: none"> <li>● I will see your nature picture so I can post and share them with our class</li> </ul>

**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