

**Grade 7**

Distance Learning Module 2. Week of: April 6-9 (No school Friday, April 10 - Good Friday)

**Content Area: Physical education Grades 6-8**

Targeted Goals from Stage 1: Engage students in health and skill components of fitness.

**Content Knowledge:** General health and fitness concepts. Health and skill components of fitness.

**Vocabulary:** health and skill components of fitness

**Skills:** Agility, speed, coordination, balance

**Expectation:** 20 min of outdoor activity

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday:		
Tuesday: home fitness test	Module 2 Outline/Plan	No exit slip needed today
Wednesday:		
Thursday: skill components of fitness	Module 2 Outline/Plan	Exit Slip
Friday: No School	Good Friday	Good Friday

**Week criteria for success** (attach student checklists or rubrics): give a good effort, try as many exercises and skills as you can

**Supportive resources and tutorials for the week** (plans for re-teaching): fitness test counters from YouTube, instructional videos