

Grade 6-8

Distance Learning Module 10: Week of: June 8<sup>th</sup> – June 12<sup>th</sup>

## Grade 7 Physical Education / Fitness

**Targeted Goals from Stage 1:** Students will participate in a 15-20 minute workout competing various exercises based on the roll of a die.

**Content Knowledge:** A variety of exercises is essential to improve one's fitness level.

**Vocabulary:** Flexibility, movement, push-up, burpee, lunge. Curl-up, repetition

**Skills:** Choosing and applying 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>Complete the dice exercise activity for a minimum of 20 min</b>	google classroom resource	
Tuesday: <b>Rest</b>		
Wednesday: <b>Complete the dice exercise activity for a minimum of 20 min.</b>	google classroom resource	
Thursday: <b>Rest</b>		
Friday: <b>Complete the dice exercise activity for a minimum of 20 min. Complete end of week journal questions</b>	google classroom resource	weekly journal responses

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

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