

Grade 6-8

Distance Learning Module 6: Week of: May 11<sup>th</sup> –May 15<sup>th</sup>

## Physical Education – Grade 8

**Targeted Goals from Stage 1:** Students will explore and connect to their Physical, Mental and Emotional Health.

**Content Knowledge:** Physical, Emotional and Spiritual Health

**Vocabulary:** Spiritual Health, Emotional Health, Physical Health

**Skills:** Personal exploration

**Expectation:**

| Description of Task (s):  | Resources and Materials: | Daily Checks  |
|---|--------------------------|---|
| Monday: <b>PHYSICAL HEALTH</b> <ul style="list-style-type: none"><li>Read the Google slides on Physical Health, slides 1-3.</li><li>Create a Google Doc on your drive to begin storing your pictures and journal.</li><li>Take 1 picture of your physical Health as outlined in the Google slides and put it into your Google Doc.</li><li>Answer three journal prompts in your Google Doc.</li></ul> | Google SlideShow         |   |
| Tuesday:  |                          |   |
| Wednesday: <b>EMOTIONAL HEALTH</b> <ul style="list-style-type: none"><li>Read the Google slides on Emotional Health, slides 4-6.</li><li>Take 1 picture of your Emotional Health as outlined in the Google slides and put it into your Google Doc you created on Day 1.</li><li>Answer three journal prompts in your Google Doc you created on Day 1.</li></ul>                                       | Google SlideShow         |   |
| Thursday:   |                          |   |
| Friday: <b>SPIRITUAL HEALTH</b> <ul style="list-style-type: none"><li>Read the Google slides on Spiritual Health, slides 7-9.</li><li>Take 1 picture of your Spiritual Health as outlined in the Google slides and put it into your Google Doc you created on Day 1.</li></ul>  | Google SlideShow         | Google Doc submitted with 3 total pictures and 9 total journal prompts: |

| Description of Task (s):  | Resources and Materials: | Daily Checks |
|---|--------------------------|--------------|
| <ul style="list-style-type: none"> <li>• Answer three journal prompts in your Google Doc you created on Day 1.</li> <li>• Submit your Google Doc with all the pictures and journal questions from the week on Classroom.</li> </ul> |                          |              |

**Week criteria for success** (attach student checklists or rubrics): **Google Doc submitted with pictures and journals**

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