

Grade 9-11

Distance Learning Module 9: Week of: 6/1/2020-6/5/2020

## Grade 11 Physical Education - Wellness

### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Students will apply fitness skills and personal choice to select and complete activities within a wellness matrix. Students will make personal connections to the chosen activities through a reflection journal.

**Vocabulary:** Cardiovascular Endurance, Muscular Endurance, Flexibility, Mindfulness.

**Skills:** Reflection

**Expectation:**

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom on Friday)
Monday: 1. Click on the Wellness Matrix. 2. Choose one square from the Matrix in a category that you want to work in. 3. Complete the activity. 4. Journal your experience in the Google Doc.	Wellness Matrix	Answer question on your Google Doc Journal Be sure to make a copy of this journal in your drive.
Tuesday: ● Repeat directions from day 1	Wellness Matrix	Answer question on your Google Doc Journal
Wednesday: ● Repeat directions from day 1	Wellness Matrix	Answer question on your Google Doc Journal
Thursday: ● Repeat directions from day 1	Wellness Matrix	Answer question on your Google Doc Journal
Friday: ● Repeat directions from day 1	Wellness Matrix	Answer question on your Google Doc Journal Turn in your Google Doc to classroom

**Week criteria for success** (attach student checklists or rubrics): Google Journal completion with complete sentences that show connection to the chosen exercises/squares.

**Supportive resources and tutorials for the week** (plans for re-teaching): this is a review or reteaching from earlier weeks.