

Grade 9-12

Distance Learning Module #1: Week of: March 30 - April 3

Content Area: Physical Education Course Title - *Fitness*

Targeted Goals from Stage 1: Students will complete Fitness workouts using the fitness matrix on Google classroom.

- ★ **Content Knowledge: Fitness**
- ★ **Skills: Cardiovascular Endurance, Muscular Endurance, Muscular Strength**
- ★ **Expectation: Please follow the directions under Description Of Task. The intent is to choose something different each day and be active for about 30 minutes, however you may repeat a square if you choose to. On Friday, be sure to complete the Google Form Journal (the link is at the bottom of the page).**

| Description of Task (s): | Resources and Materials: | Daily Checks (Return to Google Classroom or snapshots from a cell phone) |
|--|---|--|
| Monday: Access your Google Class Page. Review the student letter. Watch your teacher's introductory video/message. | | Send a message/respond in Google Classroom with a quick "hello" in the stream. |
| Tuesday: Choose ONE Matrix square workout components to create a daily workout to complete | <u>Google Classroom Assigned Matrix</u> | |
| Wednesday: Choose TWO Matrix Square workout components to create a daily workout to complete | <u>Google Classroom Assigned Matrix</u> | |
| Thursday: Choose TWO Matrix workout components to create a daily workout to complete | <u>Google Classroom Assigned Matrix</u> | |
| Friday: Choose TWO Matrix workout components to create a daily workout to complete | <u>Google Classroom Assigned Matrix</u> | <u>Google Form</u> - accountability journal submitted to Google Classroom |

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

Google Form Journal

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

Found on DAREBEE website