



**Vision** - St. Louis Public Schools is the district of choice for families in the St. Louis region that provides a world-class education and is nationally recognized as a leader in student achievement and teacher quality.

**Mission** - We will provide a quality education for all students and enable them to realize their full intellectual potential.

## Hodgen Tech Elementary – Weekly Virtual Learning Planner

<b>Teacher</b>	Hannah Meneely	<b>Grade</b>	Kindergarten – 6 <sup>th</sup> Grade	<b>Subject</b>	Physical Education
<b>Week of</b>	August 31- October 2	<b>Topic/Title</b>	Routines and Procedures/Team Building		

Lesson/Topic	Lesson Target/Objective	Synchronous/Live Instruction	Asynchronous Playlist	Assessment/Performance Task	Due Date
<b>Lesson 1 (Date)</b> 8/31 - 9/4	Welcome to Virtual Physical Education Warm Up Exercises and benefits Mindfulness exercises	What will PE Look like virtually? Demonstrate warm up and mindfulness exercises discuss their value	Be active for 60 minutes each day		
<b>Lesson 2 (Date)</b> 9/7 - 9/11	What does it mean to be physically fit?	Measure resting heart rate Participate in warm up exercises and activity. Measure active heart rate. Discuss physical fitness in relation to heart rate.	Be active for 60 minutes each day	Record activity on Fitness Tracker located in Teams	9/13/2020
<b>Lesson 3 (Date)</b> 9/14 - 9/18	Why is important to be physically active every day?	Participate in warm up exercises Discuss the importance of everyday activity to develop a healthy lifestyle.	Be active for 60 minutes each day	Record activity on the Fitness Tracker located in Teams	9/20/2020
<b>Lesson 4 (Date)</b> 9/21 - 9/25	What are some ways to develop and maintain fitness?	Participate in warm up exercises. Brainstorm activities that help develop physical fitness.	Be active for 60 minutes each day	Record activity on the Fitness Tracker Located in Teams	9/27/2020
<b>Lesson 5 (Date)</b> 9/28 - 10/ 2	What are the Principles of Physical Fitness?	Participate in warm up exercises Explain the Fitness Principles and discuss how the body responds to moderate verses rigorous physical activity. Participate in a moderate and a vigorous activity	Be active for 60 minutes each day	Record activity on the Fitness Tracker	10/4/2020