**St. Louis Public Schools – Blended Learning Weekly/Bi-Weekly Planner**

**(Physical Education K-8,)**

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| **Name** | **Michael L. Ferrer** | | **Grade** | **Pre-K - 8** | | **Subject** | | **Physical Education** |
| **Week of** | **January 10- January 28, 2022** | | **Topic** | **Cycle Fitness Training** | | | | |
| **Weekly Teacher Schedule of Synchronous Engagement Opportunities** (with links to Class Teams pages). Include date/time of in-person, live lessons and class meetings. | | | | | | | | |
| **Mon & Fri Grade 7 8:20-9:10 AM Ms. Wesley**  **Wed: Grade 5 8:20 am-9:10 am Mr. Anthony** | | **Mon & Thurs Grade 3 Ms. Kellogg 11:15 AM -12:10 PM**  **Wed: Grade 2 11:15 am- 12:10 pm** | | | **Mon , Weds & Fri Grade 1 1:05PM- 1:55 PM Ms. Miller**  **Mon, Wed & Fri Gr. Pre-K Mr. Keller 2:00 pm-2:55 pm** | | **Tues Grade 8 Ms. Bell 8:20 am-9:10 am**  **Tues & Fri Grade 4 Ms. Burgess 11:15 1m-12:10 pm** | |
| **Thurs: Grade 6 8:20 am-9:10 am Ms. Williams** | | **Tues & Thurs Grade Pre-K 2:00pm -2:55 pm Ms. Lewis** | | |  | |  | |

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| **Planning and Preparation** | | |
| **Cultural Context:** Overarching lesson design based on student’s individual needs and learning styles. The teacher should consider and honor the unique cultural differences of the student population when selecting content, process, products, the learning environment. The use of ongoing assessment and flexible grouping is an effort to establish a safe and supportive learning environment. It is critically important to ensure every learner is able to access grade level curriculum and resources. | | |
| **Missouri Learning Standard(s)** (with linked Proficiency Scale – can be copied/pasted from Curriculum Plans) | **S1. E2 (Locomotor), S1. E5(Locomotor), S 3- Engages in Physical Activity** | |
| **Learning Target** | **Know** *(What is the learning target?) This comes directly from the unwrapped content standard in the Content Area Proficiency Scales.* | **Do** *(How will students demonstrate that they have met the learning target?.)* |
| **Students will gain Knowledge and Understanding of Daily Procedures and practices relating to cycle fitness training** | * Review and participation in Daily Warm-Up Activities * Take part in Lesson Task * Use Technology to respond to items when needed |
| **Essential Question(s)**  (Can be copied/pasted from Curriculum Plans) | **Why is it important to exercise daily?** | |
| **Academic Vocabulary**  (Can be copied/pasted from Content Area Proficiency Scales) | **Enjoy, Safety, cycle, fitness, conditioning** | |
| **Assessment** | **Design a standards-based performance task or assessment that will demonstrate progress towards proficiency on the standard / objectives.** | |
| **Students will be able to demonstrate and perform daily exercises jumping jacks , sit ups, etc**  **Students will complete 30 minute cycle daily**  **Students will be introduced to stretching techniques** | |

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| **Blended Learning Instructional Framework: Whole Group Instructional Plan** | | | | | | |
| **Synchronous Engagement /Live Instruction:** Facilitate instruction, collaboration, and support for students through in-person or virtual, face-to-face engagement.  **Asynchronous Instructional Playlist:** Organize tasks and resources aligned to a learning objective for students to work through independently. | | | | | | |
| **Lesson/Topic** | **Lesson Objective**  *What will students know or be able to do at the end of this lesson?* | **Instruction & Modeling**  *What do teachers need to explain, present, or model?* | **Activities**  *What instructional strategies will you use? What will students do to insure mastery of the standards based concepts or practice skills (practice, discussion, reflection, creation)?* | **Performance Tasks / Assessment**  *How will students demonstrate their learning? How will you know if they master concepts or can apply skills? Please provide links.* | **Multimedia Resources**  *What resources will students need to master this content or learn these skills (readings, videos, podcasts, models)? Please provide links.* | **Assignment**  **Due Date** |
|  | Students will be able to demonstrate Daily Warm Up Activities.  Student will become aware of proper safety practices while in P.E.  Class  Students will be able to perform Basketball skills | Teacher will provide instruction via live Team chat and in person.  Teacher will provide video of task to be performed | Daily Warm Up Activity  Respond to questions being asked  Record example of their task.  Students will perform gallery walk to view rope skill stations | Student will take part in Live and open play task  Student may be asked demonstrate skills practice during live instruction | Youtube.com PE at Home  See Links below | 01/10/2022-01/28/2022 |

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| **Supporting Student Learning Pathways**  *Please note specific Learning Targets of focus and what resources are being used or provided to support students at each level.* | | |
| **Intensive Scaffolding**  *Students demonstrating performance at level NE or 1 on the Content Area Proficiency Scale.* | **Moderate Scaffolding**  *Students demonstrating performance at level 2 on the Content Area Proficiency Scale.* | **Enrichment/Independent**  *Students demonstrating performance at level 3 or 4 on the Content Area Proficiency Scale.* |
|  | Students will practice using Basketball skills such as Dribble, Passing, Shooting set up in gym and at home locations . | Students will review the following You Tube selections for support  Additional Videos will be provided on the channel for use and enjoyment |