**Laclede Elementary– Weekly Virtual Learning Planner**

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| **Teacher**  | **Coach Ferrer** | **Pre-K-8** | **Grade** | **Physical Education** | **Subject** |  |
| **Week of** | **September 7-27-2021** |  | **Topic/Title** | **Introduction to Fitness Testing Shuttle****Run and PACER Testing** |

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| **Lesson/Topic** | **Lesson Target/Objective**  | **Synchronous/Live Instruction**  | **Asynchronous Playlist**  | **Assessment/Performance Task**  | **Due Date** |
| **Lesson 1 Monday (09-13,20,& 27,2021)** | **Introduction to Fitness Pacing Training and Conditioning**  **Shuttle Run and PACER Testing Grades 3,1 and 7** | **Students will take part in daily fitness warm- up activities to include pace walking jumping jacks toe stomach shy and toe touches, Fitness videos Shuttle Running and Practice and Prep for PACER Run pretest** | **Student should Practice jumping jacks, toe stomach sky’s, alternating toe touches minute timed****Students will practice Shuttle Run and Pacer Run****Review posted videos** | **Students will perform Shuttle Run and PACER Test Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s** | **09/27/21** |
| **Lesson 2 Tuesday (09-07, ,14 ,& 21, 2021)** | **Introduction to Fitness pacing, Shuttle Run and PACER Testing Pre-k and Grade 8** | **Students will take part in daily fitness warm- up activities to include pace walking jumping jacks toe stomach shy and toe touches, Fitness videos Shuttle Running and Practice and Prep for PACER Run pretest** | **Students will practice toe stomach sky’s, jumping jacks and alternating toe touched one minute timed**Students will practice Shuttle Run and PACER Run**Review posted videos**  |  **Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s****Students will perform Shuttle Run and PACER Test** | **09/24/21** |
| **Lesson 3 Wednesday (09-8,15 & 21 2021)** | **Introduction to pace walking, Shuttle Run and PACER Test Grades Pre-K, 2, KG and 5** | **Students will take part in daily fitness warm- up activities to include pace walking jumping jacks toe stomach shy and toe touches, Fitness videos Shuttle Running and Practice and Prep for PACER Run pretest** | **Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s**Students will practice Shuttle Run and PACER Run**Review posted videos** |  **Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s** | **09/24/21** |
| **Lesson 4 Thursday (09-09, 16, and 23 /2021)** | **Introduction to pace walking, Shuttle Run and PACER Testing Grade 3, 1 and 6**  | **Students will take part in daily fitness warm- up activities to include pace walking jumping jacks toe stomach shy and toe touches, Fitness videos Shuttle Running and Practice and Prep for PACER Run pretest** | **Students will practice jumping jacks, toe stomach sky’s and alternating toe touches**Students will practice Shuttle Run and PACER Run**Review posted videos** | **Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s****Students will perform Shuttle Run and PACER Test** | **09/24/21** |
| **Lesson 5****Friday (09-10-17 and 24, 2021** | **Introduction to pace walking Shuttle Run, PACER Testing Grades Pre-k, 4, KG and 7** | **Students will take part in daily fitness warm- up activities to include pace walking jumping jacks toe stomach shy and toe touches, Fitness videos Shuttle Running and Practice and Prep for PACER Run pretest** | **Students will practice jumping jacks, toe stomach sky’s and alternation toe touches**Students will practice Shuttle Run and PACER Run**Review posted videos** |  **Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s****Students will perform Shuttle Run and PACER Test Students can set up skill stations to practice jumping jacks, toe touches and toe stomach sky’s** | **09/24/21** |