**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.

**Gateway Elementary – Weekly Virtual Learning Planner**

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| **Teacher**  | Mr. Artis | **Grade** | K-5TH GRADE | **Subject** | Physical Education |
| **Week of** | Feb 1-5, 2021 | **Topic/Title** | FITNESS TESTING-MUSCULAR STREGNTH, ENDURANCE,BALANCE |

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| **Lesson/Topic** | **Lesson Target/Objective**  | **Synchronous/Live Instruction**  | **Asynchronous Playlist**  | **Assessment/Performance Task**  | **Due Date** |
| **Feb 1-5, 2021****K-5th Grade** **LESSON 1****Topic: Relationship Building & Expectations** | Fitness Testing/Shoulder Stretch-Students will be able to show their range of flexibility in both right and left shoulders.-Students understand the importance of using good form while completing stretching exercises |  Teacher will explain then model the Flexibility Test. Teacher will hold a question and answer session. | Show students the Fitness Video on Shoulder Stretch. https://www.youtube.com/watch?v=Vue\_8KqEmkQ&t=5s Students practice shoulder stretch before actual Flexibility test.  | Teacher makes Flexibility observations and records results. |  |
| **Feb 1-5,2021****K-5th Grade** **LESSON 2****Topic:****Relationship Building & Expectations** | Fitness Testing/Pacer Endurance RunStudents will be able to perform the pacer endurance run.Students will understand the importance of responding to the pacer tape. | Teacher will explain then model the procedures for completing the pacer test.Teacher will hold question and answer session.  | Show students the Pacer /endurance video. https://www.youtube.com/watch?v=Y82jDHRrswc&t=16sStudents practice the Pacer video.  | Teacher observe students pacer run and record results. |  |
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