**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 Run  Students 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=16s  Students practice the Pacer video. | Teacher observe students pacer run and record results. |  |
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