**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** | 3-5th Grade | **Subject** | Physical Education |
| **Week of** | OCT 5-9,2020 | **Topic/Title** | FITNESS/MOVEMENTS | | |

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| **Lesson/Topic** | **Lesson Target/Objective** | **Synchronous/Live Instruction** | **Asynchronous Playlist** | **Assessment/Performance Task** | **Due Date** |
| **Sept 21-25**  **3-5th Grade**  **Week 6 Lesson1** | Students will understand the importance of the following health components of physical education.  1.Cardio/Respiratory Endurance.  2.Muscular Strength/Muscular Endurance.  3.Flexibility  4. Coordination | Students will view and work out to SUPER HERO VIDEOS.  <https://www.youtube.com/watch?v=Zm9qhyh4TJk>  Students be able to verbalize the different types of locomotor and non- locomotor movements.    Review of video, questions and answers. | Students will practice the Captain America Workout Video. Students be able to Move from Moderate to vigorous physical movements. | I will observe the students as they practice the warm-up movements. |  |
| **Sept 21-25**  **3-5th Grade**  **Week 6 Lesson2**  **Topic Relationship Building Expectations** | Students will understand the difference between Cardio/respiratory activities and Flexibility activities  Students will write down all daily activities for the entire week. | Students will view and workout to BAT MAN WORKOUT VIDEO  <https://www.youtube.com/watch?v=8dLNbAcMqzc>  Review of video, question and answer period.    Teacher explain the importance of 60 minutes of daily activity. | Students will practice the Bat Man Workout video.  Controlling breathing is extremely important during strenuous cardio activities.  -  Students perform 60 minutes of activities daily. | I will observe the students as they complete the Kids workout video.  Students turn in weekly log. | Oct 9,2020@11:59 |
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