**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** | Jan 4-8, 2021 | **Topic/Title** | FITNESS/MOVEMENT |

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| **Lesson/Topic** | **Lesson Target/Objective**  | **Synchronous/Live Instruction**  | **Asynchronous Playlist**  | **Assessment/Performance Task**  | **Due Date** |
| **Jan 4-8, 2021****K-5th Grade** **Week 21 Lesson1** | Students will understand the importance of the following health components of physical education.1.Cardio/Respiratory Endurance.2.Muscular Strength/Muscular Endurance.3.Flexibility4. Coordination | Students will view and work out to the Black Panther Workout Video.<https://www.youtube.com/watch?v=9SDWArXm4mA>Students be able to verbalize the different types of locomotor and non- locomotor movements.  Review of video, questions and answers. | Practice the Black Panther 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. |  |
|  **Jan 4-8, 2021****K-5th Grade** **Week 21 Lesson2****Topic Relationship Building Expectations** | Students will understand the difference between Cardio/respiratory activities and Flexibility activitiesStudents will write down all daily activities for the entire week. | Students will view and workout to Kids Workout Video.<https://www.youtube.com/watch?v=L_A_HjHZxfI>Review of video, question and answer period. Teacher explain the importance of 60 minutes of daily activity. | Students will practice the Kids 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 daily activity log. |  |
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