**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 11-15,2021 | **Topic/Title** | FITNESS/MOVEMENT WHY DO WE DRINK WATER | | |

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| **Lesson/Topic** | **Lesson Target/Objective** | **Synchronous/Live Instruction** | **Asynchronous Playlist** | **Assessment/Performance Task** | **Due Date** |
| **Jan 11-15 2021**  **K-5th Grade**  **Week 21 Lesson1** | Students will understand the difference between locomotor and non-locomotor activities.  Why do we drink water? | Review Gym rules and Expectations  Teacher explain and demonstrate locomotor and non- locomotor skills.  ha  Teacher discuss the importance of hydration during exercise.    View video: Why we Drink Water  [**https://www.youtube.com/watch?v=31F0laJjyy8&t=5s**](https://www.youtube.com/watch?v=31F0laJjyy8&t=5s) | Students perform following games. Tag, Freeze dance, Characteristics, Coat Boot and Chair utilizing locomotor skills: running, jogging, skipping and hopping.  Students will perform non- locomotor activities bending, twisting, reaching  running in place.    Students will try to drink 3-4 glasses of water daily. | I will observe the students as they practice locomotor and non-locomotor skills.  Encourage students to drink water daily. |  |
| **Jan 11-15 2021**  **K-5th Grade**  **Week 21 Lesson2**  **TopicRelationship 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. | Teacher will explain and demonstrate some cardio/respiratory activities and flexibility activities then make distinction between them.  Review of video, question and answer period.    Teacher explain the importance of 60 minutes of daily activity. | Students will perform Warm-up exercises that includes flexibility and  Cardio/respiratory endurance.  -  Students perform 60 minutes of activities daily. | I will observe the students performing warm-up exercises.  Students turn in weekly activity log. | 1/15/21 |
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