**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 8-12,2021 | **Topic/Title** | LOW-IMPACT/WHY WE NEED REST | | |

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| **Lesson/Topic** | **Lesson Target/Objective** | **Synchronous/Live Instruction** | **Asynchronous Playlist** | **Assessment/Performance Task** | **Due Date** |
| **Feb 8-12, 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.Flexibility  4. Coordination  Why do we need rest? | Teacher will explain and demonstrate Low-Impact physical activities that focuses on:  Cardio, Muscular strength and endurance, flexibility, coordination and balance.  View video: Why we need rest  [**https://www.youtube.com/watch?v=CoCL0IB4u4g&t=2s**](https://www.youtube.com/watch?v=CoCL0IB4u4g&t=2s) | Students practice and perform the Low impact physical activities.    Students need 8-10 hours of rest daily. | Teacher will observe and make corrections on techniques.    Encourage students try and get the appropriate rest nightly. |  |
| **Feb 8-12, 2021**  **K-5th Grade**  **Week 21 Lesson2**  **Topic Relationship Building Expectations** | Students will be introduced to Endurance Games  1.Jewel Thief 2. Bake Those Cookies.  3.Right/ Left 4.Dodge Ball Toga  Students write down Low –impact exercises | Teacher will explain the rules of these Endurance games. Then have students demonstrate how to play each game.  Question and answer period.    Teacher explain the importance of Low and high impact activities. | Students will practice the endurance  Games by playing them.  -    Students take a picture of themselves performing a low or high impact exercise or game. | Teacher will observe and make corrections when needed.  Post picture on Teams Page. | 2/12/2021 |
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