

Teacher: Clark Kuhn **Subject:** Practical Living (P.E./Health/Career/Consumerism) **Week:** August 9-11th **Topic:** Rules, procedures, making friends, back to school, movement, football (throwing)

Name: Clark Kuhn **Subject:** Date: Week of 11.9 - 11.24.2020 PE, SEL, Career, & Health Topics: Dynamic Stretching, Business, Feelings, Growth Mindset. Locomotor, Non-locomotor

<p>K-5th Lesson plans</p>	<p><u>Standards and “I can” statements:</u> <u>K-5th</u></p> <p>Kindergarten Health: I can describe the importance of choosing healthy foods and beverages and identify the benefits of drinking water. K.1.2 P.E: I can explore a variety of locomotor movements, traveling in different directions. K.1.L1</p> <p>1st Health: I can describe the types of foods and beverages that should be limited. 1.1.13 P.E.: I can perform a variety of locomotor movements using different body parts. 1.1.L1</p> <p>2nd Health: I can explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop. 2.1.2</p> <p>P.E. I can perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways. 2.1.L1</p> <p>3rd Health: I can identify the amount of water and food from each food group that a child needs daily and describe the benefits of drinking water and eating healthy. 3.1.2 P.E.: I can perform, alone and with others, a variety of locomotor movements</p>	<p><u>Vocabulary:</u></p> <p>warm-up, dynamic stretching, locomotor, non locomotor, business, administration, feelings, emotions, growth mindset</p>	<p>Mini lesson: Monday-Friday (K-5): I will begin the meeting by reviewing behavior expectations while we are in the classroom and if we go outside for additional activities. Then I will go over the grade specific “I can” statements. I will reinforce the career cluster: Business Management and Administration. The SEL focus this week will be feelings & growth mindset.</p> <p><u>Warm-Up (K-2nd)</u></p> <p>Monday: The Body Coach, Kids Part 1</p> <p>https://www.youtube.com/watch?v=d3LPrhI0v-w&t=66s</p> <p>Tuesday: A2F: Icelandic Meltdown, Part 1</p> <p>https://app.adventure2learning.com/videos/45276df3-0afa-4efb-9493-1acad9891ace</p> <p>Wednesday: Video Game Workout, First 6 Minutes</p> <p>https://www.youtube.com/watch?v=kgZPNY-etN4&t=1s</p> <p>Thursday: A2F: Icelandic Meltdown, Part 2</p> <p>https://app.adventure2learning.com/videos/45276df3-0afa-4efb-9493-1acad9891ace</p> <p>Friday: Dance & Game: The Goldfish Dance & Teddy Bear Transport</p> <p>https://www.youtube.com/watch?v=qCF50p7Kc5A</p> <p>https://www.youtube.com/watch?v=vv4bSNceONA</p> <p>Differentiated Instruction: Some exercises allow more student choice so instruction is</p>	<p><u>Weekly Assessment:</u></p> <p>X Observation</p> <p>X Participation</p> <p>X Oral responses</p> <p>--</p> <p><u>Self-Evaluation</u></p> <p><u>_ORQ</u></p> <p>X Whole Class</p> <p>-- Small Group</p> <p>X- Individual</p> <p>X Product (drawing, written response)</p> <p><u>Formative and Summative Assessments</u></p> <p>-- Entrance (flashback) and Exit Slips</p> <p>X Oral Questions</p>
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at different levels, and in different pathways and directions, with and without equipment. 3.1.L1

4th Health: I can explain the importance of eating a variety of foods from all the food groups and describe the benefits of healthy eating habits. 4.1.2 **P.E.:**

I can perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathway and traveling in different directions. 4.1.L1

5th Health: I can describe the benefits of limiting the consumption of solid fat, added sugar and sodium and explain the concept of eating in moderation. 5.1.2 **P.E.:** I can explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels using different pathways in game-like situations. 5.1.L1

differentiated. In written assessments, students can illustrate, write words, sentences, or paragraphs depending on ability.

Warm-Up (3rd-5th)

Monday: Video Game Workout (First 6 minutes)

<https://www.youtube.com/watch?v=kgZPNY-etN4&t=1s>

Tuesday: Captain America Avengers' Kids Workout

<https://video.link/w/F4hP?src=syt>

Wednesday: Moe Jones Dynamic Warm-Up

https://www.youtube.com/watch?v=L_A_HjHZxfI&t=1s

Thursday: Star Wars Jedi Workout (Obi Wan)

<https://video.link/w/V6hP?src=syt>

Friday: Dance: High Hopes

<https://www.youtube.com/watch?v=MLk1jzCk24c>

Health Activity: (K-2nd)

Student Self-Assessment

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				<p>Monday: Physical & Health Literacy 3</p> <p>https://www.youtube.com/watch?v=cDudzvfZdBs</p> <p>Tuesday: Career (Business, Management & Administration Cluster)</p> <p>https://www.youtube.com/watch?v=XKXe41X-Pc</p> <p>Wednesday: SEL (Emotions) (K-2nd)</p> <p>https://jr.brainpop.com/health/feelings/emotions/</p> <p>Thursday: SEL (Feelings)</p> <p>https://www.youtube.com/watch?v=WAKL3HfMkbs&list=PLaSegn4AdJAwQNwk9KgcaI0_2_fWE-exi&index=10</p> <p>Friday: K-2nd: (Health) Food Groups</p> <p>https://jr.brainpop.com/health/food/foodgroups/</p> <p><u>Health Assessment (K-2nd)</u></p> <p>Monday: Discussion PE & Health Literacy.</p> <p>Tuesday: Illustrate your favorite business to buy toys.</p> <p>Wednesday: Illustrate two different feelings.</p>	
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				<p>Thursday: Illustrate two different feelings.</p> <p>Friday: Take a quiz on medicine from jrbrainpop.com on food groups.</p> <p>Assessment: Observation, participation</p> <p>Differentiated Instruction: Some exercises allow more student choice so instruction is differentiated. In written assessments, students can illustrate, write words, sentences, or paragraphs depending on ability.</p> <p>Health Activity (3-5th)</p> <p>Monday: 3rd (Nutrition) https://www.brainpop.com/health/nutrition/nutrition/</p> <p>4th (depression) https://www.brainpop.com/health/diseasesinjuriesandconditions/depression/</p> <p>5th (stress) https://www.brainpop.com/english/studyandreadingskills/stress/</p> <p>Tuesday: Career: (Business, Management & Administration)</p> <p>https://www.youtube.com/watch?v=_XKXe41X-Pc</p> <p>Wednesday: SEL (Self-Awareness)</p> <p>https://www.brainpop.com/health/personalhealth/selfesteem/</p> <p>Thursday: PE and Health Literacy 3</p> <p>https://www.youtube.com/watch?v=cDudzvfZdBs</p>	
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				<p>Friday SEL (Growth Mindset)</p> <p>https://www.youtube.com/watch?v=rUIkbWNnNy4</p> <p>Health Assessment (3rd-5th)</p> <p>Monday: Quiz on brainpop.com</p> <p>Tuesday: Illustrate a business you want to start.</p> <p>Wednesday: Illustrate something you are good at doing.</p> <p>Thursday: Discussion on PE & Health literacy.</p> <p>Friday: Compare & contrast growth and non-growth mindset.</p> <p>Differentiated Instruction: Some exercises allow more student choice so instruction is differentiated. In written assessments, students can illustrate, write words, sentences, or paragraphs depending on ability.</p> <p>P.E. Activities (K-2nd)</p>	
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			<p>Monday: Indoor: A2F: Everglades Exhaustion https://app.adventure2learning.com/videos/ac6d3acc-9e33-484e-953c-19b7440a41e3 (20 min)</p> <p>Tuesday: Indoor: Indoor: Spiderman HIIT training academy https://video.link/w/S3hP?src=syt</p> <p>Wednesday: Indoor: A2F: Tasmanian Trouble (16:54) https://app.adventure2learning.com/videos/a9e58f13-5320-44c5-8556-5ddf9c890c51</p> <p>Thursday: Indoor: Black Panther HIIT training academy (assessment) https://video.link/w/q4hP?src=syt</p> <p>Friday: Indoor: Let's Dance https://video.link/w/UChP</p> <p>Differentiated Instruction: Some exercises allow more student choice so instruction is differentiated. In written assessments, students can illustrate, write words, sentences, or paragraphs depending on ability.</p> <p><u>P.E. Activities (3rd-5th)</u></p> <p>Monday: Indoor: Kempo (Martial Arts) Knees and Elbows https://app.adventure2learning.com/videos/7af7897d-f689-4aff-8338-2a1725ba17d6</p>	
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				<p>Tuesday: Indoor: Spiderman HIIT training academy</p> <p>https://video.link/w/S3hP?src=syt</p> <p>Wednesday: Indoor: Parkour: Speedster</p> <p>https://app.adventure2learning.com/videos/228f6549-29fa-4d18-93a6-8f881da46df5</p> <p>Thursday: Indoor: Black Panther HIIT training academy (assessment)</p> <p>https://video.link/w/q4hP?src=syt</p> <p>Friday: Indoor: Dance: Can't Stop the Feeling</p> <p>https://video.link/w/iDhP?src=syt</p> <p>Online: Differentiated Instruction: Some exercises allow more student choice so instruction is differentiated. In written assessments, students can illustrate, write words, sentences, or paragraphs depending on ability.</p> <p><u>In-Person: Assessments & Differentiated Instruction:</u> K-5th (Monday-Friday): Visual observation while students are (exercising, playing a game, participating in a sport) to ensure they are using proper form and technique. For struggling students, they will be paired up with a peer that can provide additional assistance and modeling. Struggling students will also receive more one on one instruction/modeling from the teacher. Advanced students will be given individual challenges that are included in the attached SPARK or OPEN lesson plans.</p>	
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Special Education Modifications and 504 plans are located in the back of Mr. Kuhn's lesson plan binder.