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| Day  | Topic |  |  |  | Assessment(s) | Digital Resource/Link |
| **P.E. Class – Pre-K – 6gh Grade** | Warm-up & Stretching |  |  | **Objective(s):** **-Students will continue to learn the importance of a proper warm up.** **- Student will participate in, and complete the different warm up activities.** **Activity:** * **Warm up- Do Now, Minute to win it, GoNoodle Video, Self-guided stretches and exercises**
 | Verbal assessment  | TEAMS PAGE |
| Importance of Physical Activity |  |  | **Objective(s):** **-Student will begin to understand the importance of physical activity and learn different ways to stay active at home.** **Activity: Powerpoint presentation from Coach Streid.****Independent Practice:** **Students will play a 10 minute basketball, paper airplane, scavenger hunt game.**  | Verbal and physical assessment.  | TEAMS PAGE |
| Health |  |  | **Objective(s):** **-Students will understand the basics of how the heart work.** **Activity: Students will watch a video on how the heart work and then answer quistions following the video.** **Independent Practice:****-Students will complete the quiz for the day** **-Students will try to participate in 60 minutes of physical activity of their choice.**  | -Verbal Assessment-Microsoft Forms quiz  | TEAMS PAGE |