



Hays CISD Home Learning

Sakewitz

[Athletics](#)

[Girls Pre-Athletics](#)

[Boys Pre-Athletics](#)

Week of: **May 18**

Semana:

Office Hours/: **Tuesday, Wednesday, and Thursday 11:00 AM-12:00 PM**

Horas de oficina:

Announcements and Important Links/: Take a look at the [CMS On-Line Learning Plan for Parents/Students](#)

Anuncios y enlaces importantes:

Week of: May 18			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes



Hays CISD Home Learning

Friday/ viernes	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
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Week of: May 11

Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will reflect on their overall experience in Pre-Athletics and Athletics this year.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: May 4

Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will review SMART goal setting, FITT principle, stress	See Google Classroom for	See Google Classroom Codes:



Hays CISD Home Learning

	management and the five Fitness Components	complete details.	CMS Google Class Codes
Tuesday/ martes	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: April 27th			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday / miercoles	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes



Hays CISD Home Learning

Thursday/ jueves	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ Viernes	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: April 20th			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will complete one or all of the following this	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes



Hays CISD Home Learning

	week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.		
Friday/ Viernes	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: April 13th

Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	NO SCHOOL	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will complete lesson over FITT Principle/Fitness	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will complete lesson over FITT Principle/Fitness	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will complete lesson over FITT Principle/Fitness	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will complete lesson over FITT Principle/Fitness	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: April 6th



Hays CISD Home Learning

Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Girls Pre-Athletics

Week of: May 11			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes



Hays CISD Home Learning

Wednesday/ miercoles	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: May 4			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will review SMART goal setting, FITT principle, stress management and the five Fitness Components	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Hays CISD Home Learning



Week of: April 27th			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ Viernes	Students will be able to identify what stress is and effective ways to cope with stress.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: April 20th			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes



Hays CISD Home Learning

Tuesday/ martes	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
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Thursday/ jueves	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Friday/ viernes	Students will complete one or all of the following this week: post a workout photo or video for the week, learn the FITT PRINCIPLE, and learn how to create a SMART goal.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes

Week of: April 13th			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	NO SCHOOL	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes



Hays CISD Home Learning

Tuesday/ martes	Students will complete lesson over FITT Principle/Fitness	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will complete lesson over FITT Principle/Fitness	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
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Week of: April 6th			
Day/ Día	Objectives/ Objetivos	Activities/ Actividades	Other Resources/ Otros Recursos
Monday/ lunes	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will complete lesson over Fitness Components and Goal Setting	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
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Hays CISD Home Learning



Boys Pre-Athletics

Week of: May 11			
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Monday/ lunes	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Tuesday/ martes	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Wednesday/ miercoles	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
Thursday/ jueves	Students will research and identify the differences between physical activity and exercise.	See Google Classroom for complete details.	See Google Classroom Codes: CMS Google Class Codes
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Hays CISD Home Learning

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Hays CISD Home Learning

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