

Personal Wellness Grade 6 Week at a Glance



Scott Gazvoda

Best Ways to Communicate

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Google Classroom Link: [Period # 1](#)

Week of 6/7- 6/10

Announcements/reminders: We have finally made it to the last week of school! The weather still shows it to be rather warm outside. Please remember to bring a water bottle to stay hydrated

Learning Target(s):

3.1: I can actively participate in a variety of physical activities

4.1: Respectful and responsible social behaviors

Monday & Tuesday:	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center;">Ignite</td> <td style="width: 25%; text-align: center;">Chunk</td> <td style="width: 25%; text-align: center;">Chew</td> <td style="width: 25%; text-align: center;">Review</td> </tr> <tr> <td style="text-align: center;"><i>What is the heat index and how to use it</i></td> <td style="text-align: center;"><i>Optional Activities</i></td> <td style="text-align: center;"><i>Staying active during the summer</i></td> <td style="text-align: center;"><i>Limiting screen time during the summer</i></td> </tr> </table>	Ignite	Chunk	Chew	Review	<i>What is the heat index and how to use it</i>	<i>Optional Activities</i>	<i>Staying active during the summer</i>	<i>Limiting screen time during the summer</i>	Due
Ignite	Chunk	Chew	Review							
<i>What is the heat index and how to use it</i>	<i>Optional Activities</i>	<i>Staying active during the summer</i>	<i>Limiting screen time during the summer</i>							
Wednesday,		Due:								
Thursday	<p>In Class</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; text-align: center;">Ignite</td> <td style="width: 25%; text-align: center;">Chunk</td> <td style="width: 25%; text-align: center;">Chew</td> <td style="width: 25%; text-align: center;">Review</td> </tr> <tr> <td style="height: 20px;"></td> <td></td> <td></td> <td></td> </tr> </table>	Ignite	Chunk	Chew	Review					Due:
Ignite	Chunk	Chew	Review							

Week of 6/1- 6/4

Announcements/reminders: We are winding down with only about 7 days left in this school year. With weather and spacing, we will continue with Lacrosse when allowed and move to other optional activities when fitting

Learning Target(s):

3.1: I can actively participate in a variety of physical activities

4.1: Respectful and responsible social behaviors

Monday & Tuesday:					Due
	Ignite	Chunk	Chew	Review	
	<i>Summer Bucket List</i>	<i>Lacrosse Game Play</i>	<i>Transitioning Offense and Defense</i>	<i>Importance of Transitioning</i>	
Wednesday,	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30				Due:
Thursday	In Class				Due:
	Ignite	Chunk	Chew	Review	
	<i>Rock Paper Scissors Play</i>	<i>Lacrosse Game Play</i>	<i>Defending on Strong Side</i>	<i>Learning from Opponent Tendencies</i>	

Week of 5/24- 5/28

Announcements/reminders: We have spent some time the past few weeks passing and receiving and learning faceoffs. This week we put it together with game play and learning how to actively play the game of Lacrosse with some modifications

Learning Target(s):

3.1: I can actively participate in a variety of physical activities

4.1: Respectful and responsible social behaviors

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	Ignite	Chunk	Chew	Review									
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Thursday	In Class				Due:								
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Ignite	Chunk	Chew	Review										
<i>Passing and Receiving Warm Ups</i>	<i>Attacking in Triangles concept / Game Play</i>	<i>Changing length of triangle sides</i>	<i>How attacking in Triangles is dynamic</i>										

Week of 5/17- 5/21

Announcements/reminders: Last week, we spent time passing and receiving, learning face offs, and how to rake a Lacrosse ball. This week we put it all together in learning how to play the game of Lacrosse

Learning Target(s):

3.1: I can actively participate in a variety of physical activities

4.1: Respectful and responsible social behaviors

Monday & Tuesday:	In Class: MCA Shortened Class Periods				Due
	Ignite	Chunk	Chew	Review	
	<i>Preview Lacrosse Game</i>	<i>Lacrosse Game Play</i>	<i>Open Space</i>	<i>Finding and Defending Open Space</i>	
Wednesday,	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30				Due:
Thursday	In Class				Due:
	Ignite	Chunk	Chew	Review	
	<i>Attacking in Triangles</i>	<i>Lacrosse Game Play</i>	<i>Cutting off Angles</i>	<i>Triangle Attacks</i>	

Week of 5/10- 5/14

Announcements/reminders: We will be starting Lacrosse this week! Lacrosse has a vast history in this country and is gaining popularity in high school sports. Our own district has a team in the top 10 with state rankings at the the moment.

Learning Target(s):

3.1: I can actively participate in a variety of physical activities

4.1: Respectful and responsible social behaviors

Monday & Tuesday:	In Class: MCA Shortened Class Periods				Due
	Ignite	Chunk	Chew	Review	
	<i>History of Lacrosse</i>	<i>Catching and Receiving</i>	<i>Follow Through to box target</i>	<i>Soft hands</i>	

Wednesday,	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30	Due:						
Thursday	In Class	Due:						
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Ignite	Chunk	Chew	Review					
<i>Face off demonstrations</i>	<i>Face off techniques</i>	<i>Face off Challenges</i>	<i>Body positioning</i>					

Week of 5/3- 5/7

Announcements/reminders: Let the countdown begin! How many more days we have left of school? Our goal is for you to be physically active in as many different things we can for the rest of the year. Anticipate nature walks and various activities.

Learning Target(s):

3.1: I can actively participate in a variety of physical activities

4.1: Respectful and responsible social behaviors

Monday & Tuesday:	In Class: MCA Shortened Class Periods	Due							
	<table border="1"> <tr> <td>Ignite</td> <td>Chunk</td> <td>Chew</td> <td>Review</td> </tr> <tr> <td><i>How many days are left?</i></td> <td><i>Soccer and Tennis</i></td> <td><i>How can you encourage a teammate</i></td> <td><i>Give a positive affirmation to another peer</i></td> </tr> </table>	Ignite	Chunk	Chew	Review	<i>How many days are left?</i>	<i>Soccer and Tennis</i>	<i>How can you encourage a teammate</i>	<i>Give a positive affirmation to another peer</i>
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<i>Your go to to be active?</i>	<i>Soccer and Basketball</i>	<i>How do you be a good opponent</i>	<i>Give a positive affirmation to another peer</i>						

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Week of 4/26- 4/30

Announcements/reminders: Depending on weather will help us decide if we are inside or outside for our activities. Our WAAG will reflect the hopes of being outside

Learning Target(s):
 3.1: I can actively participate in a variety of physical activities
 4.1: Respectful and responsible social behaviors

Monday & Tuesday:	In Class: MCA Shortened Class Periods	Due								
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Ignite	Chunk	Chew	Review							
<i>Gratitude Reflect and Share</i>	<i>Ultimate Football and Soccer or Other</i>	<i>How can you encourage a teammate</i>	<i>Give a positive affirmation to another peer</i>							
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Ignite	Chunk	Chew	Review							
<i>Your go to to be active?</i>	<i>Tennis, Turf, Other</i>	<i>How do you be a good opponent</i>	<i>Give a positive affirmation to another peer</i>							

Week of 4/19 - 4/23

Announcements/reminders: Depending on weather will help us decide if we are inside or outside for our activities. Our WAAG will reflect the hopes of being outside

Learning Target(s):

3.1: I can actively participate in a variety of physical activities
 4.1: Respectful and responsible social behaviors

Monday & Tuesday:	Ignite	Chunk	Chew	Review
	<i>What are you grateful for?</i>	<i>Ultimate Football and Soccer or Other Maybe Turf</i>	<i>How can you encourage a teammate</i>	<i>Give a positive affirmation to another peer</i>
Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30			
Thursday	Ignite	Chunk	Chew	Review
	<i>Calendar Countdown</i>	<i>Ultimate Football and Soccer, Tennis, other</i>	<i>How do you be a good opponent</i>	<i>Give a positive affirmation to another peer</i>

Week of 4/12 - 4/16

Announcements/reminders: Depending on weather will help us decide if we are inside or outside for our activities. Our WAAG will reflect the hopes of being outside

Learning Target(s):

3.1: I can actively participate in a variety of physical activities
 4.1: Respectful and responsible social behaviors

Monday & Tuesday:	Ignite	Chunk	Chew	Review
	<i>Earliest Outdoor Spring Ever?</i>	<i>Ultimate Football and</i>	<i>How can you encourage a</i>	<i>Give a positive affirmation to</i>

		<i>Soccer</i>	<i>teammate</i>	<i>another peer</i>	
Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30				
Thursday					
	Ignite	Chunk	Chew	Review	
	<i>What's a good quality in a teammate?</i>	<i>Ultimate Football and Soccer</i>	<i>How do you be a good opponent</i>	<i>Give a positive affirmation to another peer</i>	

Week of 4/5 - 4/9

Announcements/reminders: Welcome back from Spring Break! This is the final push to the end of the school year already! Basically, we have two months of school left for this year! We can do this! Our goal is to spend as much time as we can outside with activities for you to actively engaged moving forward with our limited time together.

Learning Target(s):

- 3.1: I can actively participate in a variety of physical activities
- 4.1: Respectful and responsible social behaviors

Monday & Tuesday:					
	Ignite	Chunk	Chew	Review	
	<i>Rock - Paper - Scissors Challenges</i>	<i>Basketball Shooting Games for Social Participation</i>	<i>Using the Backboard for success on certain angles</i>	<i>Using the box on the backboard for some angle shots</i>	

Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30			
Thursday	Ignite	Chunk	Chew	Review
	<i>Rock - Paper - Scissors Challenges</i>	<i>More Basketball Shooting Games: MARCH / Around the World</i>	<i>Focal point on the back of the rim when shooting</i>	<i>When to use backboard and when to focus on back of rim</i>

Week of 3/22 - 3/26

Announcements/reminders: We will be starting our basketball unit this week with emphasis on ball handlings and how to correctly shoot a basketball using the BEEF technique or other "WWEC" presented

Learning Target(s):

- 3.1: I can actively participate in a variety of physical activities
- 4.1: Respectful and responsible social behaviors

Monday & Tuesday:	In Class			
	Ignite	Chunk	Chew	Review
	<i>Rock Paper Scissor Challenge</i>	<i>Ball Handling Drills</i>	<i>Dribbling and Ball control</i>	<i>Wave at ball, finger pads</i>
Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30			
Thursday	In Class			
	Ignite	Chunk	Chew	Review
	<i>Rock Paper Scissor Challenge</i>	<i>Proper Shooting technique and Cues</i>	<i>Shooting games, low rigor</i>	<i>BEEF / Waiter, wall elephant trunk, cookie</i>

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Week of 3/15 - 3/19

Announcements/reminders: This week we are changing it up a little bit. We will be having an indoor softball game and soccer game for our time together. We are hoping to get outside very soon

Learning Target(s):
3.1: I can actively participate in a variety of physical activities

Monday & Tuesday:	In Class				3/16
	Ignite	Chunk	Chew	Review	
	<i>Rock Paper Scissor Challenge</i>	<i>Indoor Softball and Soccer Safety</i>	<i>Activity time and positive interactions</i>	<i>What things can you do when not in school to be active?</i>	
	Distance				
	Ignite	Chunk	Chew	Review	
	Welcome and Shared Experiences	Kahoot: Exercise & Healthy Living	Personal Workout Time	Cool Down if Necessary	
Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30				
Thursday	In Class				
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	Distance				

	Ignite	Chunk	Chew	Review	3/19
	Welcome and Shared Experiences	Flipgrid Message	What have you learned about exercise and healthy living?	Review your video and submit	

Week of 3/8 - 3/12

Announcements/reminders: With our limited class time, we will be continuing Badminton and Volleyball. The hope is this week, we can start playing some modified badminton games and challenging different opponents in some light competitions. Volleyball will still be working on those "rebound" skills that need more practice time to achieve a higher level of skill.

Learning Target(s):

- 3.1: I can actively participate in a variety of physical activities
- 3.2: I can properly perform a warm up and cool down

Monday & Tuesday:	In Class				3/9
	Ignite	Chunk	Chew	Review	
	<i>Badminton Skill Warm - Ups</i>	<i>Pinning to Corners in Game Play</i>	<i>Ladder Tourney</i>	<i>Review of Corner Techniques</i>	
	Distance				
	Ignite	Chunk	Chew	Review	
	Welcome and Shared Experiences	Ed Puzzle: The Importance of Exercise	Review any missed questions	Clarify any incorrect answers	
Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30				
Thursday	In Class				
	Ignite	Chunk	Chew	Review	
	<i>Badminton Skill Warm - Ups</i>	<i>Pinning to Corners in Game</i>	<i>Ladder Tourney</i>	<i>Review of Corner</i>	

		<i>Play</i>		<i>Techniques</i>	
	Distance				3/12
	Ignite	Chunk	Chew	Review	
	Welcome and Shared Experiences	Kahoot: Exercise & Healthy Living	Personal Workout Time	Cool Down if Necessary	

Week of 2/22 - 2/26

Announcements/reminders: This week we will be having student lead warm up routines. We will also start digging deeper into volleyball and badminton play with going over rules and honing in on skills

Learning Target(s):

- 3.1: I can actively participate in a variety of physical activities
- 3.2: I can properly perform a warm up and cool down

Monday & Tuesday:	In Class				Due
	Ignite	Chunk	Chew	Review	
	<i>Jam Board Opener</i>	<i>Badminton Serving Challenge / Volleyball Skills</i>	<i>Practice and Skill Help</i>	<i>Which Activity is harder and needs more practice time</i>	
	Distance				
	Ignite	Chunk	Chew	Review	3/1
	Jam Board Opener	FITT Kahoot	Review any missed questions	Clarify any incorrect answers	
Wednesday	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:05 Teacher Q and A - 10:05-10:30				
Thursday	In Class				Due

	Ignite	Chunk	Chew	Review	3/4
	<i>Jam Board Opener</i>	<i>Badminton Serving Challenge / Volleyball Skills</i>	<i>Practice and Skill Help</i>	<i>Which Activity is harder and needs more practice time</i>	
	Distance				
	Ignite	Chunk	Chew	Review	
	Jam Board Opener	Ed Puzzle: The Importance of Exercise	Review any missed questions	Clarify any incorrect answers	

Week of 2/16 - 2/19

Announcements/reminders: Hello and welcome. For the next few weeks, we will be taking a break for our fitness logs. Please stay physically active for your own health! We are coming back to hybrid soon and will be doing some different things along the way. This week we will be exploring more of the FITT principle and principles of training along with a warm up and cool down

Learning Target(s):
3.2: I can properly perform a warm up and cool down

Monday (no School) & Tuesday: 7 Period Day	Ignite	Chunk	Chew	Review	Due 2/16
	<i>How do you stay physically fit when weather is super cold</i>	<i>Flipgrid Intro and Video Making</i>	<i>Why is a warm and cool down important</i>	<i>Discuss Research and view examples</i>	
Wednesday	No School Students: Staff Planning Times				
Thursday, #/## & Friday, #/##	In Class				Due 2/19
	Ignite	Chunk	Chew	Review	
	Student Warm	Volleyball	Strategies of	Demonstration	

	Up Presentation	Passing / Badminton Serving	game play	Play
	Distance			
	Ignite	Chunk	Chew	Review
	Reviewing Pieces of a Warm Up	Flipgrid Dynamic Warm Up	Practice Time and Recording	Share your experiences
Enrichment & Support				

Week of 2/8 - 2/12

Announcements/reminders: Hello and welcome. For the next few weeks, we will be taking a break for our fitness logs. Please stay physically active for your own health! We are coming back to hybrid soon and will be doing some different things along the way. This week we will be exploring more of the FITT principle and principles of training along with a warm up and cool down

Learning Target(s):

3.2: I can properly perform a warm up and cool down

Monday, & Tuesday,	<table border="1"> <tr> <td>Ignite</td> <td>Chunk</td> <td>Chew</td> <td>Review</td> </tr> <tr> <td><i>Name a time when...</i></td> <td><i>FITT Seminar Slides 19-23</i></td> <td><i>FITT EdPuzzle Challenge</i></td> <td><i>Wrap Up and Discussion</i></td> </tr> </table>	Ignite	Chunk	Chew	Review	<i>Name a time when...</i>	<i>FITT Seminar Slides 19-23</i>	<i>FITT EdPuzzle Challenge</i>	<i>Wrap Up and Discussion</i>	Due 2/9
	Ignite	Chunk	Chew	Review						
<i>Name a time when...</i>	<i>FITT Seminar Slides 19-23</i>	<i>FITT EdPuzzle Challenge</i>	<i>Wrap Up and Discussion</i>							
Wednesday, #/##	Learner Connect # 1 Learner Connect # 2 Choice day, find an activity you enjoy	Due:								
Thursday, #/## & Friday, #/##	<table border="1"> <tr> <td>Ignite</td> <td>Chunk</td> <td>Chew</td> <td>Review</td> </tr> <tr> <td>What does a...</td> <td>Warm up & Cool Down Seminar</td> <td><i>Creating a Dynamic Warm Up</i></td> <td>Wrap up and Share Routines</td> </tr> </table>	Ignite	Chunk	Chew	Review	What does a...	Warm up & Cool Down Seminar	<i>Creating a Dynamic Warm Up</i>	Wrap up and Share Routines	Due 2/12
	Ignite	Chunk	Chew	Review						
What does a...	Warm up & Cool Down Seminar	<i>Creating a Dynamic Warm Up</i>	Wrap up and Share Routines							

**Enrichment
& Support**

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Meets Code: scottgazvoda

WIN # 1: Grade 8 Health

WIN # 2 : Grade 8 Health

WIN # 3 : Stop by and say HI

Week of 2/1 - 2/5

Announcements/reminders: Hello and welcome. For the next few weeks, we will be taking a break for our fitness logs. Please stay physically active for your own health! We are coming back to hybrid soon and will be doing some different things along the way.

Learning Target(s):

3.3: I can assess my health related fitness performance

3.4: I can demonstrate improvement in my health related fitness

Monday, & Tuesday,	Ed Puzzle Assignment: Dealing with Stress GO through video and answer the questions at each stopping point	Due 2/1
		Due
Wednesday, #/##	Choice day, find an activity you enjoy	Due:
Thursday, #/## & Friday, #/##	FITT Seminar: Designing your own workout Completing an exercise routine that you could possibly teach to the class	Due 2/5
		Due

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WIN # 1: Grade 8 Health

WIN # 2 : Grade 8 Health

WIN # 3 : Stop by and say HI

Week of 1/26 - 1/29

Announcements/reminders: Welcome to the first week of 2nd Semester! Hard to believe we are half way through the school year already! Hopefully soon we will be back in person in February! January Fitness Logs are due at the end of this week, the 29th

Learning Target(s):


3.3: I can assess my health related fitness performance

3.4: I can demonstrate improvement in my health related fitness

Monday, #/#/# & Tuesday, #/#/#	Balance Video: Join us in this 8 minute challenge that works on the Skill related fitness component of balance	Due 1/29
	January Fitness Log Entry (Due this Friday)	Due xxx
Wednesday, #/#/#	January Fitness Log Entry	Due: 1/29
Thursday, #/#/# & Friday,	Skill Related Fitness Workout	Due 1/29
	January Fitness Logs are Due today!	Due

#/#/#		
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

	<p>Scott Gazvoda Best Ways to Communicate Email: gazvodas@district112.org Voicemail: (952) 556- 7974 Meets Code: scottgazvoda WIN # 1: Grade 8 Health WIN # 2 : Grade 8 Health WIN # 3 : Stop by and say HI</p>
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Week of 1/19 - 1/22


Announcements/reminders: If you have any outstanding fitness logs please get them in ASAP. For this month, we will be looking into what Skill Related Fitness is and view some videos that address the 6 different areas of this type of fitness.

Learning Target(s):
3.3: I can assess my health related fitness performance
3.4: I can demonstrate improvement in my health related fitness

Monday, #/#/# & Tuesday, #/#/#	Tuesday: 7 Period Day Catch Up and Relish Day	Due
	Optional Choice Board	Due xxx
Wednesday, #/#/#	January Fitness Log Entry	Due:
Thursday, #/#/# & Friday,	Skill Related Fitness: Hand Eye Coordination Demonstrations	Due 1/29
	Clock Interviews of Peers	Due

#/#/#	January Fitness Log Entry	
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

	<p style="text-align: center;">Scott Gazvoda</p> <p style="text-align: center;">Best Ways to Communicate</p> <p>Email: gazvodas@district112.org Voicemail: (952) 556- 7974 Meets Code: scottgazvoda WIN # 1: Grade 8 Health WIN # 2 : Grade 8 Health WIN # 3 : Stop by and say HI</p>
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Week of 1/11 - 1/15


Announcements/reminders: If you have any outstanding fitness logs please get them in ASAP. For this month, we will be looking into what Skill Related Fitness is and view some videos that address the 6 different areas of this type of fitness.

Learning Target(s):
 3.3: I can assess my health related fitness performance
 3.4: I can demonstrate improvement in my health related fitness

Monday, #/#/# & Tuesday, #/#/#	What is Skill Related Fitness	Due
	Introduction to Plyometrics	1/29
	January Fitness Log	Due xxx
Wednesday, #/#/#	Fitness Log entry	Due:
Thursday, #/#/# &	Skill Related Topic of the Day	Due
	January Fitness Log	

Friday, #/#/#		Due
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 1/04 - 1/08


Announcements/reminders: for the remainder of December, we will be focusing on the different components of health related fitness. Each class period will have a specific focus area of these components.

Learning Target(s):
3.3: I can assess my health related fitness performance
3.4: I can demonstrate improvement in my health related fitness

Monday, #/#/# & Tuesday, #/#/#	Introduction to the FITT formula	Due
	Introduction to the January Fitness Log with different format	1/29 Due xxx
Wednesday, #/#/#	Fitness Log entry	Due:
Thursday, #/#/# &	What are the things you like to do to be active? January Fitness Log	Due

Friday, #/#/#		Due
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 12/21 - 12/22

Announcements/reminders: for the remainder of December, we will be focusing on the different components of health related fitness. Each class period will have a specific focus area of these components. ***This entire document will be due and turned in by 12/22***


Learning Target(s):

- 3.3: I can assess my health related fitness performance
- 3.4: I can demonstrate improvement in my health related fitness

Monday, #/#/# & Tuesday, #/#/#	Seminar on Muscular Endurance	Due 12/22
	Video Search and Implementation	
	Complete Reflection Questions	Due xxx
Wednesday, #/#/#	Winter Break	Due:
Thursday,	Winter Break	Due

#/#/# & Friday, #/#/#		
		Due
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 12/14 - 12/18

Announcements/reminders: for the remainder of December, we will be focusing on the different components of health related fitness. Each class period will have a specific focus area of these components. This entire document will be due and turned in by 12/22


Learning Target(s):

- 3.3: I can assess my health related fitness performance
- 3.4: I can demonstrate improvement in my health related fitness

Monday, #/#/# & Tuesday, #/#/#	Seminar on Muscular Strength and Endurance	Due 12/22
	Video Search and Implementation Complete Reflection Questions	Due xxx
Wednesday, #/#/#	Work out of your choice	Due:

Thursday, #/## & Friday, #/##	Seminar on Cardiovascular Endurance	Due 12/22
	Video Search and Implementation	Due 12/22
Enrichment & Support	Complete Reflection Questions	

Personal Wellness Grade 6 Week at a Glance

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Week of 12/07 - 12/11

Announcements/reminders: for the remainder of December, we will be focusing on the different components of health related fitness. Each class period will have a specific focus area of these components. This entire document will be due and turned in by 12/22


Learning Target(s):

- 3.3: I can assess my health related fitness performance
- 3.4: I can demonstrate improvement in my health related fitness

Monday, #/## & Tuesday, #/##	Seminar on Health Related Fitness & Cardiovascular Fitness	Due 12/22
	Cardiovascular Video search and Implementation	Due xxx
	Complete Reflection Questions	
Wednesday, #/##	Work out of your choice	Due:

Thursday, #/# & Friday, #/#	Seminar on Flexibility	Due 12/22
	Flexibility Video search and Implementation	Due 12/22
	Complete Reflection Questions	
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 12/01 - 12/04

Announcements/reminders: Distance Learning 2.0.....here we go. I look forward connecting with you in our Meets times. We don't have a lot of days left in this month to complete the Bingo Assignment. Remember you need two Bingo's and the journaling piece. This is a summative assignment

Learning Target(s):
3.1: I can actively participate in a variety of physical activities

Monday, #/# & Tuesday, #/#	Meet and Connect.	Due xxx
	Review of Youtube Fitness Channel	Due xxx
Wednesday,	November Health and Fitness Bingo	Due: 12/4

###		
Thursday, ### & Friday, ###	Seminar on Health Related Fitness	Due
		Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 11/23 - 11/24

Announcements/reminders: Distance Learning 2.0.....here we go. I look forward connecting with you in our Meets times. We don't have a lot of days left in this month to complete the Bingo Assignment. Remember you need two Bingo's and the journaling piece. This is a summative assignment

Learning Target(s):
3.1: I can actively participate in a variety of physical activities

Monday, ### & Tuesday, ###	PE Kahoot 20 Questions	Due xxx
	November Health and Fitness Bingo	Due xxx

Wednesday, #/##	November Health and Fitness Bingo	Due: 12/4
Thursday, #/## & Friday, #/##		Due
		Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 11/19 - 11/20

Announcements/reminders: Distance Learning 2.0.....here we go. I look forward connecting with you in our Meets times. We don't have a lot of days left in this month to complete the Bingo Assignment. Remember you need two Bingo's and the journaling piece. This is a summative assignment

Learning Target(s):
3.1: I can actively participate in a variety of physical activities

Monday, #/## & Tuesday, #/##	No Classes	Due xxx
		Due xxx

Wednesday, #/##	November Health and Fitness Bingo	Due: 12/4
Thursday, #/## & Friday, #/##	Online: November Health and Fitness Bingo	Due 12/4
		Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 11/9 - 11/13

Announcements/reminders:

It appears that the weather will finally turn colder. Glad we had this past week with some great temps to be outside. As we move to indoor units, we are going to try something different this week and teach two units / areas of study within the block period

Learning Target(s):

- 3.1: I can actively participate in a variety of physical activities
- 4.2: I can demonstrate knowledge of rules and appropriate etiquette of various activities

Monday, #/## & Tuesday, #/##	Both: Review Health & Fitness Bingo for the Month	Due xxx
	In person: Pickleball Game Play & Starting Volleyball Unit (Split within block Period) Online: November Health and Fitness Bingo	Due xxx

Wednesday, #/#/#	November Health and Fitness Bingo	Due: Week of 12/1
Thursday, #/#/# & Friday, #/#/#	In person: Pickleball Game Play & Starting Volleyball Unit (Split within block Period)	Due xxx
	Online: November Health and Fitness Bingo	Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 11/2 - 11/6

Announcements/reminders: Dress warm as we will continue to try and go outside

Learning Target(s): 3.1 I can actively participate in a variety of activities
4.1 I can demonstrate responsible social behaviors

Monday, #/#/# & Tuesday, #/#/#	In person: Pickleball Possible Introduction to Heart Rate Monitors	Due xxx
	Online: November Health and Fitness Bingo	Due xxx
Wednesday, #/#/#	November Health and Fitness Bingo	Due:

Thursday, #/## & Friday, #/##	In person: Pickleball Possible Introduction to Heart Rate Monitors	Due xxx
	Online: November Health and Fitness Bingo	Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 10/26 - 10/30

Announcements/reminders: Dress warm as we will continue to try and go outside

Learning Target(s): 3.1 I can actively participate in a variety of activities
4.1 I can demonstrate responsible social behaviors

Monday, #/## & Tuesday, #/##	In person: Pickleball Possible Introduction to Heart Rate Monitors Fitness Logs Due this week	Due xxx
	Online: Fitness Log in Google Classroom	Due xxx
Wednesday, #/##	Fitness Log in Google Classroom	Due: 10/26 -10/30

Thursday, #/## & Friday, #/##	In person: Pickleball Possible Introduction to Heart Rate Monitors Fitness Logs Due this week Online: Fitness Log in Google Classroom	Due xxx
		Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 10/19 - 10/23

Announcements/reminders: Dress warm as we will continue to try and go outside

Learning Target(s): 3.1 I can actively participate in a variety of activities
4.1 I can demonstrate responsible social behaviors

Monday, #/## & Tuesday, #/##	In person: Depending on weather and class size, biking is the first option. Using Hawks Ridge is our next destination. If weather isn't on our side, we will move to an indoor activity Online: Fitness Log in Google Classroom	Due xxx
		Due xxx
Wednesday, #/##	Fitness Log in Google Classroom	Due: 10/26 -10/30

Thursday, #/## & Friday, #/##	<p>In person: Depending on weather and class size, biking is the first option. Using Hawks Ridge is our next destination. If weather isn't on our side, we will move to an indoor activity</p> <p>Online: Fitness Log in Google Classroom</p>	Due xxx
		Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 10/12 - 10/14

Announcements/reminders:

September Fitness Logs are Due this week during your in person class. October Fitness Logs now posted in Google Classroom

Learning Target(s): 3.1 I can actively participate in a variety of activities
4.1 I can demonstrate responsible social behaviors

Monday, #/## & Tuesday, #/##	<p>In person: Depending on weather and class size, biking may be first option. If not a different activity</p> <p>Online: Fitness Log in Google Classroom</p>	Due xxx
		Due xxx

Wednesday, #/#	Fitness Log in Google Classroom	Due
Thursday, #/# & Friday, #/#	No school: MEA Break	Due xxx
		Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 10/5 - 10/09

Announcements/reminders:
September Fitness Logs are Due this week during your in person class. October Fitness Logs now posted in Google Classroom

Learning Target(s): 3.1 I can actively participate in a variety of activities
4.1 I can demonstrate responsible social behaviors

Monday, #/# & Tuesday, #/#	In person: Depending on weather and class size, biking may be first option. If not a different activity	Due xxx
	Online: Fitness Log in Google Classroom	Due xxx

Wednesday, #/#	Fitness Log in Google Classroom	Due
Thursday, #/# & Friday, #/#	In person: Depending on weather and class size, biking may be first option. If not a different activity	Due xxx
	Online: Fitness Log in Google Classroom	Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 9/28 - 10/02

Announcements/reminders: September Fitness Logs are Due this week during your in person class		
Learning Target(s): 3.1 I can actively participate in a variety of activities 4.1 I can demonstrate responsible social behaviors		
Monday, #/# & Tuesday,	In person: Activities Dependant on Weather Online: Fitness Log in Google Classroom	Due xxx

#/##		Due xxx
Wednesday, #/##	Fitness Log in Google Classroom	Due 9/30
Thursday, #/## & Friday, #/##	In person: Activities Dependant on Weather	Due xxx
	Online: Fitness Log in Google Classroom	Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

	<p>Scott Gazvoda Best Ways to Communicate Email: gazvodas@district112.org Voicemail: (952) 556- 7974 Virtual Connections Night Welcome Video</p>
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Week of 9/21 - 9/25

Announcements/reminders:

Wear active / comfortable clothing and shoes for personal wellness class. Plan on being outside

Learning Target(s): 3.1 I can actively participate in a variety of activities
4.1 I can demonstrate responsible social behaviors

Monday, #/##	In person: Tennis or potential other activities	Due xxx
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& Tuesday, #/##	Online: Fitness Log in Google Classroom	Due xxx
		Due 9/30
Wednesday, #/##	Fitness Log in Google Classroom	Due xxx
Thursday, #/## & Friday, #/##	In person: Tennis or potential other activities	Due xxx
	Online: Fitness Log in Google Classroom	Due xxx
Enrichment & Support		

Personal Wellness Grade 6 Week at a Glance

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Week of 9/14 - 9/18

Announcements/reminders:
Wear active / comfortable clothing and shoes for personal wellness class

Learning Target(s):

Monday, #/##	In person: Tennis	Due xxx
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& Tuesday, #/#	Online: Fitness Log in Google Classroom	Due xxx
Wednesday, #/#	Fitness Log in Google Classroom	Due 9/30
Thursday, #/# & Friday, #/#	In person: Tennis Online: Fitness Log in Google Classroom	Due xxx Due xxx
Enrichment & Support		