

Mr. Moderhack's Physical Education Distance Learning Plans

CONTACT ME:
mmoderhack@district100.com

Directions: Please complete the assignments listed next to your grade level by the end of the week (Friday, May 22nd). You can submit your assignments on our PE Canvas page, **OR** you can make a copy of the document and send it to me via email if that works better for you. **Have a GREAT summer!**

	Monday 5/18/20	Tuesday 5/19/20	Wednesday 5/20/20	Thursday 5/21/20	Friday 5/22/20
	* * Student Learning Days * *				
6th Grade	Teacher Plan Day	Assignment #1 - 6th Grade Advice Assignment #2 - Your Favorite Activities			
7th Grade	Teacher Plan Day	Assignment #1 - Fitness Plan			
8th Grade	Teacher Plan Day	Assignment #1 - Fitness Plan			

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Directions: Please complete the assignments listed next to your grade level by the end of the week (Friday, May 15th). You can submit your assignments on our PE Canvas page, **OR** you can make a copy of the document and send it to me via email if that works better for you.

	Monday	Tuesday	Wednesday	Thursday	Friday
	5/11/20	5/12/20	5/13/20	5/14/20	5/15/20
		* * Student Learning Days * *			
6th Grade	Teacher Plan Day	Assignment #1 - Dude Perfect Shot & Workout Video Assignment #2 - Heads & Tails Workout (Video)			
7th Grade	Teacher Plan Day	Assignment #1 - Dude Perfect Shot & Workout Video Assignment #2 - Heads & Tails Workout (Video)			
8th Grade	Teacher Plan Day	Assignment #1 - Dude Perfect Shot & Workout Video Assignment #2 - Heads & Tails Workout (Video)			

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	Monday 5/4/20	Tuesday 5/5/20	Wednesday 5/6/20	Thursday 5/7/20	Friday 5/8/20
	* * Student Learning Days * *				
6th Grade	Teacher Plan Day	Assignment #1 - The Importance of Physical Education (Video & Questions) Assignment #2 - How to monitor our heart rate (Video) Assignment #3 - Personal Fitness Goal			
7th Grade	Teacher Plan Day	Assignment #1 - Workout Reflection #2 Assignment #2 - How to monitor our heart rate (Video) Assignment #3 - Personal Fitness Goal			
8th Grade	Teacher Plan Day	Assignment #1 - How to monitor out heart rate (Video) Assignment #2 - Personal Fitness Goal Assignment #3 - Your Favorite Activities			

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	Monday 4/27/20	Tuesday 4/28/20	Wednesday 4/29/20	Thursday 4/30/20	Friday 5/1/20
	* * Student Learning Days * *				
6th Grade	Teacher Plan Day	Assignment #1 - Invent a NEW game or activity for class Assignment #2 - Positives & Negatives Assignment #3 - Workout Reflection			
7th Grade	Teacher Plan Day	Assignment #1 - Cardiovascular Workout & Questions Assignment #2 - Positives & Negatives Assignment #3 - The Importance of Physical Education (Video & Questions)			
8th Grade	Teacher Plan Day	Assignment #1 - Cardiovascular Workout & Questions Assignment #2 - Positives & Negatives Assignment #3 - Workout Reflection #2			

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	Monday 4/20/20	Tuesday 4/21/20	Wednesday 4/22/20	Thursday 4/23/20	Friday 4/24/20
		* * Student Learning Days * *			
6th Grade	Teacher Plan Day	Assignment #1 - Muscular Endurance Workout & Nutrition Article Questions Assignment #2 - At Home Stair Workout Assignment #3 - Improving Push-Ups (Mr. Loner Video)			
7th Grade	Teacher Plan Day	Assignment #1 - Invent a New game or activity for class Assignment #2 - At Home Stair Workout Assignment #3 - Improving Push-Ups (Mr. Loner Video)			
8th Grade	Teacher Plan Day	Assignment #1 - The Importance of P.E. (Video & Questions) Assignment #2 - At Home Stair Workout Assignment #3 - Benefits of Flexibility			

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	Monday 4/13/20	Tuesday 4/14/20	Wednesday 4/15/20	Thursday 4/16/20	Friday 4/17/20
		* * Student Learning Days * *			
6th Grade	Teacher Plan Day	Assignment #1 - Distance Learning Reflection Assignment #2 - Track Your Workout Assignment #3 - Obesity in America			
7th Grade	Teacher Plan Day	Assignment #1 - Workout Reflection Assignment #2 - Track Your Workout Assignment #3 - Why is Proper Nutrition Important?			
8th Grade	Teacher Plan Day	Assignment #1 - Workout Reflection Assignment #2 - Track Your Workout Assignment #3 - Invent a NEW game or activity for class			

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	Monday	Tuesday	Wednesday	Thursday	Friday
	4/6/20	4/7/20	4/8/20	4/9/20	4/10/20
	* * Student Learning Days * *				
6th Grade	Assignment #1 - "Types of Cardiovascular Exercise" Assignment #2 - "Benefits of Flexibility"				No School Good Friday
7th Grade	Assignment #1 - "Benefits of Flexibility" Assignment #2 - "Obesity in America"				No School Good Friday
8th Grade	Assignment #1 - "Obesity in America" Assignment #2 - "Why is Proper Nutrition Important?"				No School Good Friday