

Active! for Life Week at a Glance



Mrs. Ungar

Best Ways to Communicate

Email: ungarje@district112.org

Voicemail: (952) 556- 7976

[2nd Hour Active for Life](#) T/F 9:16-10:38

Week of 1/18 -1/22

Announcements/Reminders:

- **Make sure you have turned in all of your missing work! The end of the semester is Friday January 22**

To get to google meets for class click on the meets link on the cover page of your Active! For Life google classroom, which is linked above.

My google meets code for Wednesday office hours is jennyungar

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- **I can create and demonstrate a fitness plan that promotes health-related fitness.**
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 1/19</p>	<p>Tuesday 7 period day schedule</p> <p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • The assignment of creating your personal gym and a 2 week fitness plan is due today January 19. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Time during class will be provided to complete the assignment. • Review / Reflection: • Questions about the January Personal Gym/2 Week Workout Assignment? 	<p>Overall Project: Due Jan 19</p>
<p>Wednesday, 1/20</p>	<p>Advisory -8:40-9:10</p>	

<p>Friday, 1/22</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Wrap up- reflection of class <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Complete reflection • Work on any missing assignments • Review / Reflection: 	
<p>Friday, 1/8</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59Help with A4L Fitness log WIN 3 3:05-3:30-Kahoot</p>	



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Week of 1/11 -1/15

Announcements/Reminders:

- **Make sure you have turned in all of you missing work!**

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Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- **I can create and demonstrate a fitness plan that promotes health-related fitness.**
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

**Tuesday,
1/12**

IGNITE /Compass:

Will be posted in google meets /classroom

CHUNK / Seminar:

- Part 1 of the assignment should be completed at this point.
- Introduce Personal Gym/ 2 Week Workout. Part 2
 - **Complete Part 2 Personal Gym Equipment by Jan 19.**
- Part 2 is to create a 2 week workout program from the equipment that you “bought” last week during part 1 of this assignment

CHEW / Activity:

- Watch a video about how the F.I.T.T. principle is included in a 2 week workout plan.
- Work on Part 2 of Personal Gym/ 2 Week Workout. Which is to create a 2 week workout from the equipment that you “purchased”. Directions are posted in google classroom.

- **Review / Reflection:**

- Are you on pace with the assignment? Part 1 should be completed at this point.
- Questions about the January Personal Gym/2 Week Workout Assignment?

**Overall
Project:
Due
Jan 19**

**Wednesday,
1/13**

Advisory -8:40-9:10

Active for Life:

Work on Personal Gym/ 2 week workout

<p>Friday, 1/15</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> ● Review Personal Gym/ 2 Week Workout. <ul style="list-style-type: none"> ○ Complete Part 2 Personal Gym Equipment by Jan 19 <p>CHEW / Activity:</p> <ul style="list-style-type: none"> ● Play a fitness kahoot ● Complete second part of Personal Gym/ 2 Week Workout. Directions are posted in google classroom. <p>● Review / Reflection:</p> <ul style="list-style-type: none"> ● Questions about the January Personal Gym/2 Week Workout Assignment? 	<p>Overall Project: Due Jan 19</p>
<p>Friday, 1/8</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59Help with A4L Fitness log WIN 3 3:05-3:30-Kahoot</p>	



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Week of 1/4 -1/8

Announcements/Reminders:

- Make sure you have turned in your December Fitness log.

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Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- **I can create and demonstrate a fitness plan that promotes health-related fitness.**
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 1/5</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> ● Introduce Personal Gym/ 2 Week Workout. <ul style="list-style-type: none"> ○ Complete Part 1 Personal Gym Equipment by Jan 12 ● You will be “purchasing” a home gym with \$5,000 FAKE money. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> ● Work on the first part of Personal Gym/ 2 Week Workout. Directions are posted in google classroom. ● Research what equipment you would have in your own at home workout space. <p>● Review / Reflection:</p> <ul style="list-style-type: none"> ● Questions about the January Personal Gym/2 Week Workout Assignment? 	<p>Overall Project: Due Jan 19</p> <p>Part 1: Due Jan 12</p>
<p>Wednesday, 1/6</p>	<p>Advisory -8:40-9:10</p> <p>Active for Life:</p> <p>Work on Personal Gym/ 2 week workout</p>	

<p>Friday, 1/8</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> ● Review Personal Gym/ 2 Week Workout. <ul style="list-style-type: none"> ○ Complete Part 1 Personal Gym Equipment by Jan 12 <p>CHEW / Activity:</p> <ul style="list-style-type: none"> ● Complete first part of Personal Gym/ 2 Week Workout. ● Directions are posted in google classroom. <p>● Review / Reflection:</p> <ul style="list-style-type: none"> ● Are you on pace to have 4-5 workouts completed this week? ● Questions about the January Personal Gym/2 Week Workout Assignment? 	<p>Overall Project: Due Jan 19</p> <p>Part 1: Due Jan 12</p>
<p>Friday, 1/8</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59Help with A4L Fitness log WIN 3 3:05-3:30-Kahoot</p>	

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Week of 12/14-12/18

Announcements/Reminders:

- Make sure you have turned in your November Fitness log.

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Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 12/15</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Review December Activity -Fitness log that is posted in google classroom. • You are on pace if you have 4-6 workouts completed <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Complete an activity of your choice or one of the optional workouts that are posted in google classroom, and record in your December Fitness log along with the new details related to the 5 areas of health at the F.I.T.T. principle. <p>Review / Reflection:</p> <ul style="list-style-type: none"> • What are the 5 Components of Health Related Fitness? • What is the F.I.T.T principle? • Questions about the December Assignment? 	<p>Due Dec. 22.</p>
<p>Wednesday, 12/16</p>	<p>Advisory -8:40-9:10</p> <p>Active for Life: Record your activities that you completed in your December Fitness Log. You need 4 each week.</p>	

<p>Friday, 12/18</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Review the December Activity Fitness Log that is posted in google classroom. • You are on pace if you have 7-8 workouts completed <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Complete an activity of your choice or one of the optional workouts that are posted in google classroom, and record in your December Fitness log along with the new details related to the 5 areas of health at the F.I.T.T. principle. <p>Review / Reflection:</p> <ul style="list-style-type: none"> • What are the 5 Components of Health Related Fitness? • What is the F.I.T.T principle? • How do you feel about where you are at with your workouts? • What activities do you enjoy the most? 	<p>DUE DEC. 22</p>
<p>Friday, 12/18</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59Help with A4L Fitness log WIN 3 3:05-3:30-Kahoot</p>	

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Week of 12/7-12/11

Announcements/Reminders:

- Make sure you have turned in your November Fitness log.

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Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 12/8</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Explain the December Activity -Fitness log that is posted in google classroom. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Explain the 5 Components of Health related Fitness • Explain what the F.I.T.T. principle is. • Complete an activity of your choice or one of the optional workouts that are posted in google classroom, and record in your December Fitness log along with the new details related to the 5 areas of health at the F.I.T.T. principle. <p>Review / Reflection:</p> <ul style="list-style-type: none"> • What are the 5 Components of Health Related Fitness? • What is the F.I.T.T principle? • Questions about the December Assignment? 	<p>Due Dec. 22.</p>
<p>Wednesday, 12/9</p>	<p>Advisory -8:40-9:10</p> <p>Active for Life: Record your activities that you completed in your December Fitness Log. You need 4 each week.</p>	

<p>Friday, 12/11</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Review the December Activity Fitness Log that is posted in google classroom. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Kahoot about the F.I.T.T. principle • Complete an activity of your choice or one of the optional workouts that are posted in google classroom, and record in your December Fitness log along with the new details related to the 5 areas of health at the F.I.T.T. principle. <p>Review / Reflection:</p> <ul style="list-style-type: none"> • What are the 5 Components of Health Related Fitness? • What is the F.I.T.T principle? • How do you feel about where you are at with your workouts? • What activities do you enjoy the most? 	<p>DUE DEC. 22</p>
<p>Friday, 12/11</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59Help with A4L Fitness log WIN 3 3:05-3:30-Kahoot</p>	

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Week of 11/30-12/4

Announcements/Reminders:

- Turn in your November Fitness log. Due Dec. 4
- Make sure you have turned in your September and October fitness log in google classroom.

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Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 12/1</p>	<p>(Monday -No School)</p> <p>Tuesday 7 period day schedule</p> <p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Expectations of what “class” looks like now in google meets setting. • Review/discuss November Fitness log. → You need at least 10 activities entered in your fitness log. • Workouts are posted in google classroom. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Complete an activity of your choice or one of the optional workouts that are posted in google classroom. <p>Reflection:</p> <ul style="list-style-type: none"> • Are you on pace to complete 10 activities/workouts by December 4? • How do you feel about where you are at with your workouts? • What activities do you enjoy the most? 	<p>DUE DEC. 4 Nov. Fitness Log</p>
<p>Wednesday, 12/2</p>	<p>Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:10 Teacher Q and A - 10:15-10:40</p> <p>For Active 4 Life!</p> <p>Record your activities that you completed in your November Fitness Log.</p>	

<p>Friday, 12/4</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Expectations of what “class” looks like now in google meets setting. • Review/discuss November Fitness log. → You need at least 10 activities entered in your fitness log. • Workouts are posted in google classroom. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Read an article in class about the importance of warm-ups/stretching/ cool-downs. • Use breakout rooms to discuss. • Go and do an activity of your choice. <p>Reflection:</p> <ul style="list-style-type: none"> • What did you already know about warm-ups and cool downs? • What is something new you learned today about stretching? • Are you on pace to complete 10 activities/workouts by December 4? • How do you feel about where you are at with your workouts? • What activities do you enjoy the most? 	<p>DUE DEC. 4 Nov. Fitness Log</p>
<p>Friday, 11/20</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59Help with A4L Fitness log WIN 3 3:05-3:30-Kahoot</p>	

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[2nd Hour Active for Life](#) T/F 9:16-10:38

Week of 11/23-11/27

Announcements/Reminders:

- Make sure you have turned in your October fitness log in google classroom.

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My google meets code for Wednesday office hours is jennyungar

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 11/24</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Review/discuss November Fitness log. → You are on pace if you have 8 activities entered in your fitness log. • Workouts are posted in google classroom. • Gather pre-knowledge information about warm-ups and cool-downs. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Complete document during class time in google classroom about warm-ups and cool downs. • Complete an activity of your choice or one of the optional workouts that are posted in google classroom. <p>Reflection:</p> <ul style="list-style-type: none"> • Are you on pace to complete 8-10 activities/workouts by December 4? • How do you feel about where you are at with your workouts? • What activities do you enjoy the most? <p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59-Read-Aloud Story WIN 3 3:05-3:30-Kahoot</p>	<p>DUE DEC. 4</p> <p>Nov. Fitness Log</p> <hr/> <p>Due Nov.24</p>
<p>Wednesday, 11/25</p>	<p>No School Enjoy your Break!</p>	

**Thursday 26
Friday,
11/27**

No school Happy Thanksgiving!



**Friday,
11/20**

WIN 1 2:08-2:28 - Help with A4L Fitness log
WIN 2 2:34-2:59-Read-Aloud Story
WIN 3 3:05-3:30-Kahoot

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Week of 11/16-11/20

Announcements/Reminders:

- Make sure you have turned in your October fitness log in google classroom.

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- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can identify and participate in an enjoyable activity.

Tuesday, 11/16	No School Teacher planning for transition to all on line	
Wednesday, 11/17	Advisory -8:40-9:10 Learner Connection 1 - 9:15-9:40 Learner Connection 2 - 9:45-10:10 Teacher Q and A - 10:15-10:40 For Active 4 Life! Record your activities that you completed in your November Fitness Log.	

<p>Friday, 11/20</p>	<p>IGNITE /Compass: Will be posted in google meets /classroom</p> <p>CHUNK / Seminar:</p> <ul style="list-style-type: none"> • Expectations of what “class” looks like now in google meets setting. • Review/discuss November Fitness log. → You are on pace if you have 6-8 activities entered in your fitness log. • Workouts are posted in google classroom. <p>CHEW / Activity:</p> <ul style="list-style-type: none"> • Complete an activity of your choice or one of the optional workouts that are posted in google classroom. <p>Reflection:</p> <ul style="list-style-type: none"> • Are you on pace to complete 8-10 activities/workouts by December 4? • How do you feel about where you are at with your workouts? • What activities do you enjoy the most? 	<p>DUE DEC. 4</p> <p>Nov. Fitness Log</p>
<p>Friday, 11/20</p>	<p>WIN 1 2:08-2:28 - Help with A4L Fitness log WIN 2 2:34-2:59-Read-Aloud Story WIN 3 3:05-3:30-Kahoot</p>	

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Week of 11/9-11/13

Announcements/Reminders:

- Make sure you have turned in your October fitness log in google classroom.

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REMEMBER to bring your layers for outdoor activities!

Learning Target(s):

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- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
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- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

**Tuesday,
11/10**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- Continue with fitness challenges
-
- Discuss resting and target heart rate
- Heart Rate Monitors
- Weight room -lifting and cardio

★ At home learners- Work on your November Fitness log. You should have at least 2 entries each week.


Questions/Concerns:**Reflection:**

**Wednesday,
11/11**

Record your activities that you completed in your November Fitness Log.

<p>Friday, 11/13</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Continue with fitness challenges • • Discuss resting and target heart rate • Heart Rate Monitors • Weight room -lifting and cardio <p>★ At home learners- Work on your November Fitness log. You should have at least 2 entries each week.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

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<p>Week of 11/2-11/5</p>	
<p>Announcements/Reminders:</p>	

- Make sure you have turned in your October fitness log in google classroom.

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REMEMBER to bring your layers for outdoor activities!

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- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

<p>Tuesday, 11/2</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Discuss resting and target heart rate • Continue with fitness challenges • Weight room -lifting and cardio <p>★ At home learners- November Activity will be a Health/Fitness BINGO- See google classroom for directions-</p> <p>★ I will also explain BINGO during our meets this week for Personal Wellness.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Wednesday, 11/4</p>	<p>Record your activities that you completed on the BINGO card in the journal area at the bottom of the BINGO card. Go to Google classroom for directions.</p>	

<p>Thursday 11/5 Friday, 11/6</p>	<p>7 Period day on Thursday. No school Friday</p> <p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Discuss resting and target heart rate • Continue with fitness challenges • Weight room- lifting and cardio <p>★ At home learners- November Activity will be a Health/Fitness BINGO- See google classroom for directions-</p> <p>★ I will also explain BINGO during our meets this week for Personal Wellness.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

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Week of 10/26-10/30

Announcements/Reminders:

- Make sure you have turned in your September fitness log in google classroom.

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REMEMBER to bring your layers for outdoor activities!

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

**Tuesday,
10/27**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- Discuss resting and target heart rate
 - Continue with fitness challenges
 - Weight room -lifting and cardio
- ★ At home learners will document their activities in a fitness log that will be in google classroom.

Questions/Concerns:

Reflection:

**Wednesday,
10/228**

Record your activities that you did to be active on your fitness log in google classroom

<p>Friday, 10/30</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Discuss resting and target heart rate • Continue with fitness challenges • Weight room- lifting and cardio <p>★ At home learners will document their activities in a fitness log that will be in google classroom.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

Active! for Life Week at a Glance



Mrs. Ungar
Best Ways to Communicate
 Email: ungarje@district112.org
 Voicemail: (952) 556- 7976

Week of 10/19-10/23

Announcements/Reminders:

- Make sure you have turned in your September fitness log in google classroom.

To get to google meets for class click on the meets link on the cover page of your Active! For Life google classroom.

My google meets code for Wednesday office hours is jennyungar

REMEMBER to bring your layers for outdoor activities!

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

**Tuesday,
10/20**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- Discuss resting and target heart rate
- Continue with fitness challenges
- Outdoor activities. Weather permitting - Bikes

★ At home learners will document their activities in a fitness log that will be in google classroom.

Questions/Concerns:**Reflection:**

**Wednesday,
10/21**

Record your activities that you did to be active on your fitness log in google classroom

<p>Friday, 10/23</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Discuss resting and target heart rate • Continue with fitness challenges • Outdoor activities. Weather permitting- Bikes <p>★ At home learners will document their activities in a fitness log that will be in google classroom.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

Active! for Life Week at a Glance



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 Email: ungarje@district112.org
 Voicemail: (952) 556- 7976

Week of 10/12- 10/16

Announcements/Reminders:

- Make sure you have turned in your September fitness log in google classroom.

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My google meets code for Wednesday office hours is jennyungar

REMEMBER to bring your layers for outdoor activities!**Learning Target(s):**

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

**Tuesday,
10/13**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- Outdoor activities. Weather permitting -Bikes
- Discuss resting and target heart rate
- Continue with fitness challenges

★ At home learners will document their activities in a fitness log that will be in google classroom.

Questions/Concerns:**Reflection:**

**Wednesday,
10/14**

Record your activities that you did to be active on your fitness log in google classroom

<p>Friday, 10/16</p>	<p>NO SCHOOL- Enjoy your time off!</p> <p>Compass:</p> <p>Seminar:</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

Active! for Life Week at a Glance



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Week of 10/5-10/9

Announcements/Reminders:

- Make sure you have turned in your September fitness log in google classroom.

To get to google meets for class click on the meets link on the cover page of your Active! For Life google classroom.

My google meets code for Wednesday office hours is jennyungar

REMEMBER to bring your layers for outdoor activities!

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

**Tuesday,
10/6**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- Discuss resting and target heart rate
 - Continue with fitness challenges
 - Outdoor activities. Weather permitting
- ★ At home learners will document their activities in a fitness log that will be in google classroom.

Questions/Concerns:

Reflection:

**Wednesday,
10/7**

Record your activities that you did to be active on your fitness log in google classroom

**Friday,
10/9**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

	<ul style="list-style-type: none"> • Discuss resting and target heart rate • Continue with fitness challenges • Outdoor activities. Weather permitting <p>★ At home learners will document their activities in a fitness log that will be in google classroom.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
Enrichment & Support		

Active! for Life Week at a Glance

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Week of 9/28-10-2

Announcements/reminders:
To get to google meets for class click on the meets link on the cover page of your Active! For Life google classroom.
My google meets code for Wednesday office hours is jennyungar

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

<p>Monday, 9/28 & Tuesday, 9/29</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Outdoor activities. Weather permitting <p>★ At home learners will start documenting their activities in a fitness log that will be in google classroom.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Wednesday, 9/30</p>	<p>Record your activities that you did to be active on your fitness log in google classroom</p>	
<p>Thursday, 10/1 & Friday, 10/2</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Outdoor activities. Weather permitting <p>★ At home learners will start documenting their activities in a fitness log that will be in google classroom.</p>	

	<p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

Introducing: Jenny Ungar

[Video of Mrs. Ungar](#)

About Me:

- This is my 26 year teaching.
- Family– Husband, 2 boys –18 yr and 16 yr old (Jaymeson & Jackson)
- I have a dog named Spirit.
- I like pasta, pizza and chocolate!
- I love being outdoors and watching my boys play football & baseball!



About Our Class:

- Students will experience a variety of fun activities! Please wear tennis shoes and dress in layers for outdoor weather.
- All classwork is posted in google classroom
- See below in the WAAG for contact info and weekly activities.

Your dreams will come true if you have the courage to follow them!

Active! for Life Week at a Glance



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Week of 9/21-9/25

Announcements/reminders:

To get to google meets for class click on the meets link on the cover page of your Active! For Life google classroom.

My google meets code for Wednesday office hours is jennyungar

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying your effort related to the activity).
- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

<p>Monday, 9/21 & Tuesday, 9/22</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> ● Pre-test challenges ● Outdoor activities. ● Goals for the class. <p>★ At home learners will start documenting their activities in a fitness log that will be in google classroom.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Wednesday, 9/23</p>	<p>Record your activities that you did to be active on your fitness log in google classroom</p>	
<p>Thursday, 9/24 &</p>	<p>Compass: Welcome! Check the whiteboard for the question/comment/trivia of</p>	

<p>Friday, 9/25</p>	<p>the day.</p> <p>Seminar:</p> <ul style="list-style-type: none"> • Pre-test challenges • Outdoor activities. • Goals for the class. <p>★ At home learners will start documenting their activities in a fitness log that will be in google classroom.</p> <p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		

Active! for Life Week at a Glance

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Week of 9/14--9/18

Announcements/reminders:
 To get to google meets for class click on the meets link on the cover page of your Active! For Life google classroom.
 My google meets code for Wednesday office hours is jennyungar

Learning Target(s):

- I can demonstrate and participate in various fitness related activities and skills
- I can apply principles of training (overload, FITT, overuse, progression, specificity) in various activities (varying

your effort related to the activity).

- I can create and demonstrate a fitness plan that promotes health-related fitness.
- I can demonstrate staying in a specific target heart rate zone.
- I can demonstrate responsible social behaviors.
- I can demonstrate proper use of equipment and facilities.
- I can identify and participate in an enjoyable activity.

**Monday,
9/7
&
Tuesday,
9/8**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- A4L -presentation
- Pre-test
- Outdoor activities.
- Goals for the class.

★ At home learners will start documenting their activities in a fitness log that will be in google classroom.

Questions/Concerns:

Reflection:

**Wednesday,
9/9**

**Thursday,
9/10
&
Friday,
9/11**

Compass:

Welcome! Check the whiteboard for the question/comment/trivia of the day.

Seminar:

- A4L -presentation
- Pre-test
- Outdoor activities.
- Goals for the class.

★ At home learners will start documenting their activities in a fitness log that will be in google classroom.

	<p>Questions/Concerns:</p> <p>Reflection:</p>	
<p>Enrichment & Support</p>		