



DEMS Virtual Learning Plan

PE (Grade 4)

20-21, Trimester 2

	February 4	February 11	February 18	February 25
PE (Grade 4)	<p><u>Due Date :</u> February 4, 2:30pm</p> <p><u>Learning Targets :</u> Personal Responsibility Fitness and Engagement</p> <p><u>Activities :</u> -Create Your Workout (Wk 4) -Students pick and select different exercises from a workout bank</p> <p><u>Google Meet :</u> N/A</p>	<p><u>Due Date :</u> February 11, 2:30pm</p> <p><u>Learning Targets :</u> Personal Responsibility Fitness and Engagement</p> <p><u>Activities :</u> -Create Your Workout (Wk 5) -Students pick and select different exercises from a workout bank</p> <p><u>Google Meet :</u> N/A</p>	<p><u>Due Date :</u> February 18, 2:30pm</p> <p><u>Learning Targets :</u> Personal Responsibility Fitness and Engagement</p> <p><u>Activities :</u> -Create Your Workout (Wk 6) -Students pick and select different exercises from a workout bank</p> <p><u>Google Meet :</u> N/A</p>	<p><u>Due Date :</u> February 25, 2:30pm</p> <p><u>Learning Targets :</u> Personal Responsibility Fitness and Engagement</p> <p><u>Activities :</u> -Reach your goal! (Students attempt their fitness goal) -Students complete workout planner</p> <p><u>Google Meet :</u> N/A</p>
Extension Activities and Resources				