

RRGSD Remote Instruction Learning Plan

Dates: 3-29 to 4-2

Statement of Goals and Objectives: <i>(Learning Targets in Student & Parent-Friendly Language)</i>	Objective: 2.04 <i>Understand sports and nutrition, meal planning, and food preparation for athletes.</i>
Topic(s)/Concept & NC Standard Course of Study: <i>Topic(s)/Concept and the correlating content standards addressed)</i>	Essential Standard: 2.00 <i>Understand nutrition principles and applications</i>
Essential Questions	<i>1. What general nutritional guidelines should all athletes follow for peak athletic performance and health?</i> <i>2. What are the nutrition recommendations for athletes based on their sport?</i>
Social-Emotional Focus	<i>Lead By The Guidance Department</i>

Daily Agenda: Including assignments and due dates

Date:	Virtual/Remote Agenda	JacketTime Opportunity Agenda
Monday 29th	-Use the following discussion questions with the class: 1. What makes these athletes talented at their sport? Specifically, what types of broad athletic skills do these sports require? -Use Going the Distance PowerPoint Presentation to discuss sports nutrition recommendations for peak performance. - Students are to use Going the Distance Notes sheet to fill in key information during presentation. - Read the document How one woman keeps the Panthers well-fed, which is an interview with Jennifer Brunelli, the nutritionist for the Carolina Panthers. After reading the article, you will complete a 3-2-1 Summary strategy to summarize understandings from the article.	JacketTime (B)
Tuesday 30th	-Break students into three groups. Each group would be assigned a different fact sheet (Caffeine and Athletic Performance, College Athletes and Dietary Supplements, or Dietary Supplements: The Good, The Bad and The Ugly). Student groups will become experts on their topic and design a mini lesson to summarize their topic and explain it to their peers. -Complete guide sheets as student groups present to	JacketTime (Tutorial A)

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Subject: Foods II

	capture key points for further understanding of concepts. -Work individually or in groups to create a meal plan for an athlete participating in a specific sport. (Graded Assignment Due Wednesday 3-31-21)	
Wednesday 31st	-Access the <i>Trifecta Nutrition</i> site and read about a Florida-based fresh meal delivery service targeted towards athletes and fitness enthusiasts. -Complete the questions based on the Lean Canvas Model using Trifecta Nutrition Case Study worksheet. (Graded Assignment Due Tuesday 4-13-21) -Review for Unit 2 Test that will be taken on Tuesday 4-13-21 when we return from Easter Break	JACKETTIME "CLOSED"
Thursday 1st	NO SCHOOL HAPPY SPRING BREAK	JacketTime (B)
Friday 2nd	NO SCHOOL HAPPY SPRING BREAK	JacketTime (Tutorial A)

Assessment:

How will I be assessing my students throughout this week?

Formative Assessment(s)	Unit 2 Test will be taken on Tuesday 4-13-21
Summative Assessment(s)	N/A
How will I know my students have mastered the content from this week?	I will review and assess after each objective before moving on to the next objective

Additional Resources:

If a student needs additional support, below are resources that will assist with the material being taught.

Topic/Concept	Website/Location resource can be found