

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? 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. 1. Students are to use Going the Distance Notes sheet to fill in key information during presentation. 2. 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)

Teacher Name: La'Shonda Wood

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