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| **Health Standards** | **P.E. Standards** | **Materials/Resources** |
| **STATE GOAL 20:** Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.**STATE GOAL 22:** Understand principles of health promotion and the prevention and treatment of illness and injury.**STATE GOAL 23**. Understand human body systems and factors that influence growth and development.**STATE GOAL 24**: Promote and enhance health and well-being through the use of effective communication and decision-making skills. | **STATE GOAL 19**: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.**STATE GOAL 21**: Develop skills necessary to become a successful member of a team by working with others during physical activity. | -Computer/Space to move around-**Brain pop** Username: catherinecook1  Password: brainpop-**Go Noodle** Username: btomsheck@cps.edu Password: Friday-**YouTube**-**Darebee** |
| Contact me anytime between 8:00 – 5:00. btomsheck@cps.edu |

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |
| 8:30-9:30 | Prep | Prep | Prep | Prep | Prep |
| 9:30-10:30 | **Room 114 – 1stGrade**9:30 – 10:00 Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>10:00 – 10:30 Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 114 – 1st Grade**9:30 – 10:00 Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>10:00 – 10:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 114 – 1st Grade**9:30 – 10:00 Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>10:00 – 10:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 114 – 1st Grade**9:30 – 10:00 Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>10:00 – 10:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 114 – 1st Grade**9:30 – 10:00 Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>10:00 – 10:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) |
| 10:30-11:30 | **Room 202 – 3rd Grade**10:30 – 11:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>11:00 – 11:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 202 – 3rd Grade**10:30 – 11:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu>11:00 – 11:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 202 – 3rd Grade**10:30 – 11:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 11:00 – 11:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 202 – 3rd Grade**10:30 – 11:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 11:00 – 11:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 202 – 3rd Grade**10:30 – 11:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 1:00 – 11:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) |
| 11:30-12:30 | **Room 109 – Pre K.**11:30 – 12:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 12:00 – 12:30Asynchronous Lesson[Mr. T ‘s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 109 – Pre K.**11:30 – 12:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 12:00 – 12:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 109 – Pre K.**11:30 – 12:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 12:00 – 12:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 109 – Pre K.**11:30 – 12:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 12:00 – 12:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 109 – Pre K.**11:30 – 12:00Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu> 12:00 – 12:30Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) |
| 12:30-1:15 | Lunch |
| 1:15-2:15 | **Room 201 – 5th Grade**1:15 – 1:45Live (synchronous) Lesson<https://meet.google.com/lookup/csq3zfnttj>1:45 – 2:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 201 – 5th Grade**1:15 – 1:45Live (synchronous) Lesson<https://meet.google.com/lookup/csq3zfnttj>1:45 – 2:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 201 – 5th Grade**1:15 – 1:45Live (synchronous) Lesson<https://meet.google.com/lookup/csq3zfnttj>1:45 – 2:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 201 – 5th Grade**1:15 – 1:45Live (synchronous) Lesson<https://meet.google.com/lookup/csq3zfnttj>1:45 – 2:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 201 – 5th Grade**1:15 – 1:45Live (synchronous) Lesson<https://meet.google.com/lookup/csq3zfnttj>1:45 – 2:15Asynchronous LessonMr. T’s Virtual Classroom |
| 2:15-3:15 | **Room 303 – 7th Grade**2:15 – 2:45Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 303 – 7th Grade**2:15 – 2:45Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 303 – 7th Grade**2:15 – 2:45Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 303 – 7th Grade**2:15 – 2:45Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom | **Room 303 – 7th Grade**2:15 – 2:45Live (synchronous) Lesson<https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom |