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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](mailto: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:\Users\btomsheck\Downloads\Mr.%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 – 10:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%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 – 10:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%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 – 10:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%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 – 10:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) |
| 10:30-11:30 | | **Room 202 – 3rd Grade**  10:30 – 11:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  11:00 – 11:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | | **Room 202 – 3rd Grade**  10:30 – 11:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  11:00 – 11:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 202 – 3rd Grade**  10:30 – 11:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  11:00 – 11:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | | **Room 202 – 3rd Grade**  10:30 – 11:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  11:00 – 11:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | | **Room 202 – 3rd Grade**  10:30 – 11:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  1:00 – 11:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) |
| 11:30-12:30 | | **Room 109 – Pre K.**  11:30 – 12:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  12:00 – 12:30  Asynchronous Lesson  [Mr. T ‘s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | | **Room 109 – Pre K.**  11:30 – 12:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  12:00 – 12:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | **Room 109 – Pre K.**  11:30 – 12:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  12:00 – 12:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | | **Room 109 – Pre K.**  11:30 – 12:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  12:00 – 12:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) | | **Room 109 – Pre K.**  11:30 – 12:00  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu>  12:00 – 12:30  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20Tomsheck%20Virtual%20Classroom%20PreK-4th.pdf) |
| 12:30-1:15 | | Lunch | | | | | | | |
| 1:15-2:15 | | **Room 201 – 5th Grade**  1:15 – 1:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/csq3zfnttj>  1:45 – 2:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | | **Room 201 – 5th Grade**  1:15 – 1:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/csq3zfnttj>  1:45 – 2:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | **Room 201 – 5th Grade**  1:15 – 1:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/csq3zfnttj>  1:45 – 2:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | | **Room 201 – 5th Grade**  1:15 – 1:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/csq3zfnttj>  1:45 – 2:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | | **Room 201 – 5th Grade**  1:15 – 1:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/csq3zfnttj>  1:45 – 2:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) |
| 2:15-3:15 | **Room 303 – 7th Grade**  2:15 – 2:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | | **Room 303 – 7th Grade**  2:15 – 2:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | | | **Room 303 – 7th Grade**  2:15 – 2:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | **Room 303 – 7th Grade**  2:15 – 2:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | **Room 303 – 7th Grade**  2:15 – 2:45  Live (synchronous) Lesson  <https://meet.google.com/lookup/howzyg4zgu?authuser=0&hs=179>  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Tomsheck Virtual Classroom 5-8th.pdf) | |