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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, gym shoes & water  -**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 |
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| 8:30-9:30 | **Room 101 – 4th Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  9:00 – 9:30  Live (synchronous) Lesson  https://meet.google.com/lookup/baabpu57ph  Cut/Paste the link above | **Room 101 – 4th Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  9:00 – 9:30  Live (synchronous) Lesson  https://meet.google.com/lookup/baabpu57ph  Cut/Paste the link above | **Room 101 – 4th Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  9:00 – 9:30  Live (synchronous) Lesson  https://meet.google.com/lookup/baabpu57ph  Cut/Paste the link above | **Room 101 – 4th Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  9:00 – 9:30  Live (synchronous) Lesson  https://meet.google.com/lookup/baabpu57ph  Cut/Paste the link above | **Room 101 – 4th Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  9:00 – 9:30  Live (synchronous) Lesson  https://meet.google.com/lookup/baabpu57ph  Cut/Paste the link above |

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| 9:30-10:30 | | **Room 107 – 2nd Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  10:00 – 10:30  Live (synchronous) Lesson  https://meet.google.com/lookup/bnws4rvyte  Cut/Paste the link above | | **Room 107 – 2nd Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  10:00 – 10:30  Live (synchronous) Lesson  https://meet.google.com/lookup/bnws4rvyte  Cut/Paste the link above | **Room 107 – 2nd Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  10:00 – 10:30  Live (synchronous) Lesson  https://meet.google.com/lookup/bnws4rvyte  Cut/Paste the link above | | **Room 107 – 2nd Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  10:00 – 10:30  Live (synchronous) Lesson  https://meet.google.com/lookup/bnws4rvyte  Cut/Paste the link above | | **Room 107 – 2nd Grade**  9:30 – 10:00  Asynchronous Lesson  [Mr. T’s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  10:00 – 10:30  Live (synchronous) Lesson  https://meet.google.com/lookup/bnws4rvyte  Cut/Paste the link above |
| 10:30-11:30 | | PREP | | PREP | PREP | | PREP | | PREP |
| 11:30-12:30 | | **Room 116 – K**  11:30 – 12:00  Asynchronous Lesson  [Mr. T ‘s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  12:00 – 12:30  Live (synchronous) Lesson  https://meet.google.com/lookup/cr4gea5pkr  Cut/Paste the link above | | **Room 116 – K**  11:30 – 12:00  Asynchronous Lesson  [Mr. T ‘s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  12:00 – 12:30  Live (synchronous) Lesson  https://meet.google.com/lookup/cr4gea5pkr  Cut/Paste the link above | **Room 116 – K**  11:30 – 12:00  Asynchronous Lesson  [Mr. T ‘s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  12:00 – 12:30  Live (synchronous) Lesson  https://meet.google.com/lookup/cr4gea5pkr  Cut/Paste the link above | | **Room 116 – K**  11:30 – 12:00  Asynchronous Lesson  [Mr. T ‘s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  12:00 – 12:30  Live (synchronous) Lesson  https://meet.google.com/lookup/cr4gea5pkr  Cut/Paste the link above | | **Room 116 – K**  11:30 – 12:00  Asynchronous Lesson  [Mr. T ‘s Virtual Gym](file:///C:\Users\btomsheck\Downloads\Mr.%20T's%20Virtual%20Classrrom%20(Prek%20-%204th).pdf)  12:00 – 12:30  Live (synchronous) Lesson  https://meet.google.com/lookup/cr4gea5pkr  Cut/Paste the link above |
| 12:30-1:15 | | Lunch | | | | | | | |
| 1:15-2:15 | | **Room 302 - 6th Grade**  1:15 – 1:45  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  1:45 – 2:15  Live (synchronous) Lesson  https://meet.google.com/lookup/dvwcca6qpm  Cut/Paste the link above | | **Room 302 - 6th Grade**  1:15 – 1:45  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  1:45 – 2:15  Live (synchronous) Lesson  https://meet.google.com/lookup/dvwcca6qpm  Cut/Paste the link above | **Room 302 - 6th Grade**  1:15 – 1:45  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  1:45 – 2:15  Live (synchronous) Lesson  https://meet.google.com/lookup/dvwcca6qpm  Cut/Paste the link above | | **Room 302 - 6th Grade**  1:15 – 1:45  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  1:45 – 2:15  Live (synchronous) Lesson  https://meet.google.com/lookup/dvwcca6qpm  Cut/Paste the link above | | **Room 302 - 6th Grade**  1:15 – 1:45  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  1:45 – 2:15  Live (synchronous) Lesson  https://meet.google.com/lookup/dvwcca6qpm  Cut/Paste the link above |
| 2:15-3:15 | **Room 305 - 7th Grade**  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  2:45 – 3:10  Live (synchronous) Lesson  https://meet.google.com/lookup/h55uqk3wf3  Cut/Paste the link above | | **Room 305 - 7th Grade**  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  2:45 – 3:10  Live (synchronous) Lesson  https://meet.google.com/lookup/h55uqk3wf3  Cut/Paste the link above | | | **Room 305 - 7th Grade**  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  2:45 – 3:10  Live (synchronous) Lesson  https://meet.google.com/lookup/h55uqk3wf3  Cut/Paste the link above | **Room 305 - 7th Grade**  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  2:45 – 3:10  Live (synchronous) Lesson  https://meet.google.com/lookup/h55uqk3wf3  Cut/Paste the link above | **Room 305 - 7th Grade**  2:45 – 3:15  Asynchronous Lesson  [Mr. T’s Virtual Classroom](C:\\Users\\btomsheck\\Downloads\\Mr. T's Virtual Classrrom (5th - 8th).pdf)  2:45 – 3:10  Live (synchronous) Lesson  https://meet.google.com/lookup/h55uqk3wf3  Cut/Paste the link above | |