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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 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%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)9:00 – 9:30Live (synchronous) Lessonhttps://meet.google.com/lookup/baabpu57phCut/Paste the link above | **Room 101 – 4th Grade**9:30 – 10:00 Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)9:00 – 9:30Live (synchronous) Lessonhttps://meet.google.com/lookup/baabpu57phCut/Paste the link above | **Room 101 – 4th Grade**9:30 – 10:00 Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)9:00 – 9:30Live (synchronous) Lessonhttps://meet.google.com/lookup/baabpu57phCut/Paste the link above | **Room 101 – 4th Grade**9:30 – 10:00 Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)9:00 – 9:30Live (synchronous) Lessonhttps://meet.google.com/lookup/baabpu57phCut/Paste the link above | **Room 101 – 4th Grade**9:30 – 10:00 Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)9:00 – 9:30Live (synchronous) Lessonhttps://meet.google.com/lookup/baabpu57phCut/Paste the link above |

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| 9:30-10:30 | **Room 107 – 2nd Grade**9:30 – 10:00Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)10:00 – 10:30Live (synchronous) Lessonhttps://meet.google.com/lookup/bnws4rvyteCut/Paste the link above | **Room 107 – 2nd Grade**9:30 – 10:00Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)10:00 – 10:30Live (synchronous) Lessonhttps://meet.google.com/lookup/bnws4rvyteCut/Paste the link above | **Room 107 – 2nd Grade**9:30 – 10:00Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)10:00 – 10:30Live (synchronous) Lessonhttps://meet.google.com/lookup/bnws4rvyteCut/Paste the link above | **Room 107 – 2nd Grade**9:30 – 10:00Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)10:00 – 10:30Live (synchronous) Lessonhttps://meet.google.com/lookup/bnws4rvyteCut/Paste the link above | **Room 107 – 2nd Grade**9:30 – 10:00Asynchronous Lesson[Mr. T’s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)10:00 – 10:30Live (synchronous) Lessonhttps://meet.google.com/lookup/bnws4rvyteCut/Paste the link above |
| 10:30-11:30 | PREP | PREP | PREP | PREP | PREP |
| 11:30-12:30 | **Room 116 – K** 11:30 – 12:00Asynchronous Lesson[Mr. T ‘s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)12:00 – 12:30Live (synchronous) Lessonhttps://meet.google.com/lookup/cr4gea5pkrCut/Paste the link above | **Room 116 – K** 11:30 – 12:00Asynchronous Lesson[Mr. T ‘s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)12:00 – 12:30Live (synchronous) Lessonhttps://meet.google.com/lookup/cr4gea5pkrCut/Paste the link above | **Room 116 – K** 11:30 – 12:00Asynchronous Lesson[Mr. T ‘s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)12:00 – 12:30Live (synchronous) Lessonhttps://meet.google.com/lookup/cr4gea5pkrCut/Paste the link above | **Room 116 – K** 11:30 – 12:00Asynchronous Lesson[Mr. T ‘s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)12:00 – 12:30Live (synchronous) Lessonhttps://meet.google.com/lookup/cr4gea5pkrCut/Paste the link above | **Room 116 – K** 11:30 – 12:00Asynchronous Lesson[Mr. T ‘s Virtual Gym](file:///C%3A%5CUsers%5Cbtomsheck%5CDownloads%5CMr.%20T%27s%20Virtual%20Classrrom%20%28Prek%20-%204th%29.pdf)12:00 – 12:30Live (synchronous) Lessonhttps://meet.google.com/lookup/cr4gea5pkrCut/Paste the link above |
| 12:30-1:15 | Lunch |
| 1:15-2:15 | **Room 302 - 6th Grade**1:15 – 1:45Asynchronous LessonMr. T’s Virtual Classroom1:45 – 2:15Live (synchronous) Lessonhttps://meet.google.com/lookup/dvwcca6qpmCut/Paste the link above | **Room 302 - 6th Grade**1:15 – 1:45Asynchronous LessonMr. T’s Virtual Classroom1:45 – 2:15Live (synchronous) Lessonhttps://meet.google.com/lookup/dvwcca6qpmCut/Paste the link above | **Room 302 - 6th Grade**1:15 – 1:45Asynchronous LessonMr. T’s Virtual Classroom1:45 – 2:15Live (synchronous) Lessonhttps://meet.google.com/lookup/dvwcca6qpmCut/Paste the link above | **Room 302 - 6th Grade**1:15 – 1:45Asynchronous LessonMr. T’s Virtual Classroom1:45 – 2:15Live (synchronous) Lessonhttps://meet.google.com/lookup/dvwcca6qpmCut/Paste the link above | **Room 302 - 6th Grade**1:15 – 1:45Asynchronous LessonMr. T’s Virtual Classroom1:45 – 2:15Live (synchronous) Lessonhttps://meet.google.com/lookup/dvwcca6qpmCut/Paste the link above |
| 2:15-3:15 | **Room 305 - 7th Grade**2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom2:45 – 3:10Live (synchronous) Lessonhttps://meet.google.com/lookup/h55uqk3wf3Cut/Paste the link above | **Room 305 - 7th Grade**2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom2:45 – 3:10Live (synchronous) Lessonhttps://meet.google.com/lookup/h55uqk3wf3Cut/Paste the link above | **Room 305 - 7th Grade**2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom2:45 – 3:10Live (synchronous) Lessonhttps://meet.google.com/lookup/h55uqk3wf3Cut/Paste the link above | **Room 305 - 7th Grade**2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom2:45 – 3:10Live (synchronous) Lessonhttps://meet.google.com/lookup/h55uqk3wf3Cut/Paste the link above | **Room 305 - 7th Grade**2:45 – 3:15Asynchronous LessonMr. T’s Virtual Classroom2:45 – 3:10Live (synchronous) Lessonhttps://meet.google.com/lookup/h55uqk3wf3Cut/Paste the link above |