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Health & Phys Ed 7

Quarter 1

7th Grade Health & Physical Education

Teacher Name (Link to email)	Office Hours	Digital Learning Space (Blackboard or Google Classroom)	Class Syllabus	Teaching Periods
Mrs. Hunt thhunt@fcps.edu	Mon. Wed. & Fridays 9:40-10:25am Google Code: **dbtecv2**	Google classroom for Office hours and class lesson links used	Syllabus can be found on BB and in google classroom	1,2,3,4(FF & Office Hours), 5,6, & 8 Off 7th period for planning
Mr. Agosta rmagosta@fcps.edu	Mon, Wed. & Fridays 9:40-10:25am Google code: **zyycekb**	Google classroom for Office hours and class lesson links used	Syllabus can be found on BB and in google classroom	2,3,4 (FF & Office Hours), 5thAPE, 6, 7 & 8 Off 1st - planning
Mrs. Peterson slpeterson2@fcps.edu	Mon, Wed. & Fridays 9:40-10:25am Google Code: **dfocuai**	Google classroom for Office hours and class lesson links used	Syllabus can be found on BB and in google classroom	1, 2, 4 (FF & office hours), 5, 6, & 7 Off 3rd and 8th -planning

- We are working on building relationships, learning expectations for our 7th grade HPE classes, how we take attendance, how to use technology used within our classes & getting students being active through fitness and wellness games/lessons.
- Links we went over in class the first few days can be found in our google classrooms. Links are on classroom culture and getting to know one another.

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Weekly Overview- What am I learning about?

Week 1- Sept. 8-11		Week 2-- Sept. 14-18	
Unit Name:	Relationship Building	Unit Name:	Fitness & wellness lessons
Topic & Tools:	Reviewing technology tools for class, taking attendance, and getting to know one another	Topic & Tools:	Creating and sharing our why with one another. Creating a smart goal for fitness.
POG Skills	Communicator, Collaborator, Ethical and global citizen	POG Skills	Communicator, Collaborator, Critical and Creative Thinker
Forms of Assessment	We had some polling, class engagement with activities, questions within the chat. We did not focus much on assessments the first few classes as we are focusing more on engagement and making sure everyone knows class expectations and can build relationships to communicate together.	Forms of Assessment	Filling out your why form, completing a smart goal for fitness based on the components of fitness concepts we will be reviewing. These will be done on google docs or forms within google classroom during our class sessions together.
Week 3- Sept. 21-25		**Week 4- Sept. 28- Oct. 2**	
Unit Name:	Heart Rates, RPE,Components of fitness & keeping Active(NETFLEX)	Unit Name:	FITT Principles, Intensity levels, and Smart Goals (Netflex activity)
Topic & Tools:	We will be reviewing how to take your pulse, how to calculate your heart rates and reviewing the rates of perceived exertion(RPE). We will be reviewing a slide presentation on the 5 components of fitness and how participating within these components change our intensity levels.	Topic & Tools:	We will be covering the FITT principles (frequency, Intensity, Time and Type), and how to keep active within a healthy heart zone. You will also be asked to create a Smart Goal for fitness.
POG Skills	Goal-Directed & resilient individual, Collaborator, Ethical & Global Citizen and Communicator	POG Skills	Creative and Critical Thinker, Communicator, Ethical and Global Citizen
Forms of Assessment	We will have links to google slides on how to find your pulse, calculate your heart rate, how to	Forms of Assessment	We will have google slide presentation to go over FITT principles, intensity levels and

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Weekly Overview

Week 5- Oct. 5-9		Week 6-- Oct. 12-16	
Unit Name:		Unit Name:	
Topic & Tools:		Topic & Tools:	
POG Skills		POG Skills	
Forms of Assessment		Forms of Assessment	
Week 7- Oct. 19-23		**Week 9 Oct. 26-30**	
Unit Name:		Unit Name:	
Topic & Tools:		Topic & Tools:	
POG Skills		POG Skills	
Forms of Assessment		Forms of Assessment	

Unit Name Resources

Keep the Learning Going	Supports by Unit Name

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Learning Supports

Unit Name	Unit Name	Unit Name	Unit Name
Unit Name	Unit Name	Unit Name	Unit Name
Unit Name	Unit Name	Unit Name	Unit Name

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Keep the Learning Going

Unit Name	Unit Name	Unit Name	Unit Name
Unit Name	Unit Name	Unit Name	Unit Name
Unit Name	Unit Name	Unit Name	Unit Name

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Learning Experience 2 (video)

Learning Experience 3 (reading text)

Learning Experience 4 (Interactive)

Learning Experience 5 (Discussion)

Sharing is caring!