

Winslow Township Middle School

Distance Learning Instruction Plan

PE/ Health Department

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PE/Health

If you are not in your teacher's Google Classroom: check the Homeworkknow.com or email your teacher.
 (Class Code for Mr. Duphorn's Google Classroom: n4gtsux)

Week 1 - 4:

Learning Target: The state of New Jersey requires students to participate in a comprehensive program that includes physical education, health and wellness. Students will keep a daily log of exercise and nutrition. They will select exercises and workouts that they enjoy but they will try to improve in areas of fitness that they know they are weak in. Meaning, if a student knows that they tested low for flexibility in the sit and reach test, they will make sure each day 5 minutes is spent on stretches.

NJSLA Standards:		Computer and Paper-based
2.1.8.A.1	<i>Assess and apply health data to enhance each dimension of personal wellness.</i>	<p>*Students will record all of their daily activities and exercises on a chart.</p> <p>Daily Exercise Log: https://docs.google.com/document/d/1mBvo3UxmQEqnBu3sW-xVieUqNRH3kYAQXC14_vNTthg/edit?usp=sharing</p> <p>Daily Nutrition Log: https://docs.google.com/spreadsheets/d/1F_JZEdB8Z7qRyOCVsIvGqZWStB7406amSwAF1NLSII0/edit?usp=sharing</p> <p>(the above log was adapted from the CDC website): https://www.cdc.gov/healthyweight/pdf/food_diary_cdc.pdf</p>
2.1.8.B.1	<i>Analyze how culture, health status, age and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.</i>	
2.1.8.B.3	<i>Design a weekly nutritional plan for families with different lifestyles, resources, and special needs, and cultural backgrounds.</i>	
2.6.8.A.1	<i>Summarize the short and long-term physical, social and emotional benefits of regular physical activity.</i>	
2.6.8.A.2	<i>Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.</i>	
2.6.8.A.4	<i>Determine ways to achieve a healthy body composition through healthy eating, physical activity and other lifestyle behaviors.</i>	
2.6.8.A.5	<i>Use the primary principles of training (F.I.T.T.) for the purposes of modifying personal levels of fitness.</i>	

Accommodations: Student work will be graded based on individual student ability and skill.