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|  | Monday (Dec. 19) | Tuesday (Dec. 20) | Wednesday (Dec. 21) | Thursday (Dec. 22) | Friday (Dec. 23) |
| ND Standard | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 | Standard 1,2,3,4,5 |  | No School |
| Topic | Basic Stretching | Basic Stretching | Basic Stretching | Christmas Activities |  |
| Objectives | SWBAT Practice managing stress with physical activity | SWBAT Practice managing stress with physical activity | SWBAT Practice managing stress with physical activity |  |  |
| Bellringer | Warm-ups | Warm-ups | Warm-ups |  | NO School |
| Lesson Plan | * Fast and Slow
* (Instructions printed out)
 | * Make your shape
* (Instructions printed out)
 | * Pass the shape
* (Instructions printed out)
 | Christmas activities |  |