














# Learning Plan: Weeks of 6-1-6-12-2020

## Course: Yoga-Pilates Teacher: Aransky

<b>Other Teacher(s) Available for Support:</b>	Ms. Hanover Mrs. Gonzalez
<b>Skill(s) we are working on this week</b> 	<b>Topic:</b> <a href="https://nutrition.org/how-to-stay-fit-and-healthy-during-coronavirus-covid-19-pandemic/">https://nutrition.org/how-to-stay-fit-and-healthy-during-coronavirus-covid-19-pandemic/</a>
<b>We'll learn those skills by...</b>	<b>NEW:</b> <ul style="list-style-type: none"> <li>○ <b>JUNIORS/SOPHOMORES:</b> <ul style="list-style-type: none"> <li>■ Final written/audio reflections- details in our Schoology course (and the lesson link below) Due <b>June 12th @ 3pm</b></li> </ul> </li> </ul>
<b>Resources and/or Technology You'll Need this Week:</b>	<ul style="list-style-type: none"> <li>● Cell phone-Computer</li> <li>● Schoology and GoogleDocs &amp; Access to the internet articles/youtube video</li> <li>● Space to do yoga/pilates.</li> </ul>
<b>This Week's Face to Face Meeting Times</b>	<p><b>Class Connection (Optional Week 9: June 3 or 4):</b> Schoology Calendar has Zoom links/passwords      <u>Reason of Meeting:</u>  <i>Wednesday 3:30-3:50pm OR Thursday 9:0-9:20am</i>      <i>Connection, Questions</i></p> <p><b>Office Hours (Optional June 4):</b>      <u>Questions of class:</u>      <u>Reason of meeting:</u>  <i>Thursdays 11-1 pm</i>      Schoology Messaging/emails      😊      <i>Questions</i></p>
<b>Schoology Lesson:</b>	<a href="#">Juniors_Sophomores_Yoga_Pilates_Term_3_Final_Presentation_Reflection-2020.pdf</a>

<b>Where else can I go for help?</b>	<u>PLEASE REMEMBER:</u> If you have any difficulties with doing this work, whether it be mental health, physical health or technological, my “door” is always open.” Please message me and I will get back to you ASAP.
<b>JUST for FUN :)</b>	<a href="#"><u>Some Good News SGN</u></a>

Red = expected participation and submissions & Black = suggestions for your health

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Outline for the Day	<p>Check Schoology for the final project...</p>	<p>Begin to reflect on what you have learned and implemented from yoga/pilates...</p> 	<p>Practice a relaxation technique that works for you...some ideas below...</p> <p><b>OPTIONAL Class Meet: 3:30-3:50pm</b></p> <div data-bbox="760 760 1394 1354" data-label="Complex-Block"> <p><b>SELF-CARE MENU</b></p> <ul style="list-style-type: none"> <li> take a few deep breaths ..... 5 MINS</li> <li> stretch your body ..... 5 MINS</li> <li> listen to your favourite song ..... 5 MINS</li> <li> meditate on your purpose ..... 15 MINS</li> <li> read a chapter of a book ..... 15 MINS</li> <li> journal out your thoughts ..... 15 MINS</li> <li> take a walk outside ..... 30 MINS</li> <li> get crafty ..... 30 MINS</li> <li> cook a new recipe ..... 30 MINS</li> </ul> <p>@thefabstory</p> </div>	<p>Choose a stress management tool as needed...</p> <p><b>OPTIONAL Class Meet: 9:00-9:20am</b></p>	<p><b>(Expected):</b></p> <p><b>Juniors/Sophomores- Final reflection due June 12th @ 3pm</b></p> 