

**QJHS Remote Learning Plan: 7th Grade**

|  |  |  |
| --- | --- | --- |
| **READING**  **MONDAY-WEDNESDAY-FRIDAY (20 minutes per day)** | | |
| **DATE** | **ONLINE: MobyMax** | **OFFLINE: NEWSELA Articles** |
| **Monday**  **April 13** | MobyMax: “Reading Stories” Module | Read and Annotate Article of the Week: “Expansion & Reform: Black Women and the Abolition of Slavery” |
| **Wednesday**  **April 15** | MobyMax: “Reading Stories” Module | Complete ELA question set. |
| **Friday**  **April 17** | MobyMax: “Reading Stories” Module | Write response to Social Studies question. Discuss answer with family member. |
| **Monday**  **April 20** | MobyMax: “Reading Stories” Module | Read and Annotate Article of the Week: “Presidential Profile: Abraham Lincoln” |
| **Wednesday**  **April 22** | MobyMax: “Reading Stories” Module | Complete ELA question set. |
| **Friday**  **April 24** | MobyMax: “Reading Stories” Module | Write response to Social Studies question. Discuss answer with family member. |
| **Monday**  **April 27** | MobyMax: “Reading Stories” Module | Read and Annotate Article of the Week: “Civil War: A Defining Moment in History” |
| **Wednesday**  **April 29** | MobyMax: “Reading Stories” Module | Complete ELA question set. |

|  |  |  |
| --- | --- | --- |
| **COMMUNICATION ARTS**  **MONDAY-WEDNESDAY-FRIDAY (20 minutes per day)** | | |
| **DATE** | **ONLINE: NoRedInk** | **OFFLINE: Writing Prompts** |
| **Monday**  **April 13** | Prompt #1: Disagreement dialogue | Prompt #1: Disagreement dialogue |
| **Wednesday**  **April 15** | Prompt #2: Dream Job | Prompt #2: Dream Job |
| **Friday**  **April 17** | Prompt #3: Something you love | Prompt #3: Something you love |
| **Monday**  **April 20** | Prompt #4: Best meal ever | Prompt #4: Best meal ever |
| **Wednesday**  **April 22** | Prompt #5: Lesson about yourself | Prompt #5: Lesson about yourself |
| **Friday**  **April 24** | Prompt #6: Quarantine opinion | Prompt #6: Quarantine opinion |
| **Monday**  **April 27** | Prompt #7: Life without cameras | Prompt #7: Life without cameras |
| **Wednesday**  **April 29** | Prompt #8: Meet someone famous | Prompt #8: Meet someone famous |

|  |  |  |
| --- | --- | --- |
| **SOCIAL STUDIES (Geography & History)**  **MONDAY-WEDNESDAY-FRIDAY (20 minutes per day)** | | |
| **DATE** | **ONLINE: MobyMax (Social Studies)** | **OFFLINE: (SAME AS READING)** |
| **Monday**  **April 13** | “Divisions of Slavery” lesson  (Slide Pacing Suggestion 1-25) | Read and Annotate Article of the Week: “Expansion & Reform: Black Women and the Abolition of Slavery” |
| **Wednesday**  **April 15** | “Divisions of Slavery” lesson & Lesson Test  (Slide Pacing Suggestion 25- end) | Complete ELA question set |
| **Friday**  **April 17** | “A House Divided” lesson  (Slide Pacing Suggestion 1-25) | Write a response to the Social Studies question. Discuss your thoughts with a family member. |
| **Monday**  **April 20** | “A House Divided” lesson, Lesson Test, and Unit Vocabulary  (Slide Pacing Suggestion 26-end) | Read and Annotate Article of the Week: “Presidential Profile: Abraham Lincoln” |
| **Wednesday**  **April 22** | “A War Between the States” lesson  (Slide Pacing Suggestion 1-25) | Complete ELA question set |
| **Friday**  **April 24** | “A War Between the States” lesson  (Slide Pacing Suggestion 26- 51) | Write a response to the Social Studies question. Discuss your thoughts with a family member. |
| **Monday**  **April 27** | “A War Between the States” lesson, Lesson Test, and Unit Vocabulary,  (Slide Pacing Suggestion 52-end) | Read and Annotate Article of the Week: “Presidential Profile: Abraham Lincoln” |
| **Wednesday**  **April 29** | “Life on the Battlefield and Life on the Home Front” lesson  (Slide Pacing Suggestion 1-25) | Complete ELA question set |

|  |  |  |
| --- | --- | --- |
| **MATH**  **TUESDAY-THURSDAY (30 minutes per day)** | | |
| **DATE** | **ONLINE: ALEKS** | **OFFLINE: Math Packet** |
| **Tuesday**  **April 14** | Math 7: 30 minutes  Math8: 30 minutes  Algebra: 30 minutes | Math 7: Two Step Equations 1  Math8: Solve Two-Step Equations  Algebra: Solve Equations with variables on each side |
| **Thursday**  **April 16** | Math 7: 30 minutes  Math8: 30 minutes  Algebra: 30 minutes | Math 7: Two Step Equations 2  Math8: Solve Equations with variables on each side  Algebra: Solve Multi-Step Equations |
| **Tuesday**  **April 21** | Math 7: 30 minutes  Math8: 30 minutes  Algebra: 30 minutes | Math 7: Solving Proportions  Math8: Solve Multi-Step Equations  Algebra: Solve Literal Equations |
| **Thursday**  **April 23** | Math 7: 30 minutes  Math8: 30 minutes  Algebra: 30 minutes | Math 7: Constant of Proportionality  Math8: Write Two-Step Equations  Algebra: |
| **Tuesday**  **April 28** | Math 7: 30 minutes  Math8: 30 minutes  Algebra: 30 minutes | Math 7: Baking with Order of Operations  Math8: Graphing x-and y- intercepts  Algebra: Graphing Slope-intercept form |
| **Thursday**  **April 30** | Math 7: 30 minutes  Math8: 30 minutes  Algebra: 30 minutes | Math 7: Percentage of a Number  Math8: Graphing Slope-intercept form  Algebra: Graphing Point-Slope form |

|  |  |  |
| --- | --- | --- |
| **SCIENCE**  **TUESDAY-THURSDAY (30 minutes per day)** | | |
| **DATE** | **ONLINE: MobyMax** | **OFFLINE: McGraw Hill Packet** |
| **Tuesday**  **April 14** | *Organisms and the Environment* lesson  \*Complete slides #1 – 25 (teachers recommend students take notes to help with the lesson test) | Read Lesson 20.1: *Abiotic Factors*  Answer Margin Questions  \*For further enrichment, complete the “Study Coach Outline” practice (see reading copy) |
| **Thursday**  **April 16** | *Organisms and the Environment* lesson  \*Complete slides #26 – 42 (teachers recommend students take notes to help with the lesson test)  \*Complete lesson test (4 questions) | Complete “Abiotic Factors” worksheet  \*For further enrichment, complete “After You Read” Questions #1 – 3 |
| **Tuesday**  **April 21** | *Changing Populations and Ecosystems* lesson  \*Complete slides #1 – 35 (teachers recommend students take notes to help with the lesson test) | Read Lesson 20.2: *Cycles of Matter*  Answer Margin Questions  \*For further comprehension help, complete the “Mark the Text” practice (see reading copy) |
| **Thursday**  **April 23** | *Changing Populations and Ecosystems* lesson  \*Complete slides #36 – 76 (teachers recommend students take notes to help with the lesson test)  \*Complete lesson test (6 questions) | Complete “Cycles of Matter” worksheet  \*For further enrichment, complete “After You Read” Questions #1 – 3 |
| **Tuesday**  **April 28** | *Interactions Between Organisms* lesson  \*Complete slides #1 – 31 (teachers recommend students take notes to help with the lesson test) | Read Lesson 20.3: *Energy in Ecosystems*  Answer Margin Questions  \*For further comprehension help, complete the “Mark the Text” practice (see reading copy) |
| **Thursday**  **April 30** | *Interactions Between Organisms* lesson  \*Complete slides #32 – 62 (teachers recommend students take notes to help with the lesson test)  \*Complete lesson test (5 questions) | Complete “Energy in Ecosystems” worksheet  \*For further enrichment, complete “After You Read” Questions #1 – 2 |

|  |  |
| --- | --- |
| **PHYSICAL EDUCATION**  **DAILY (20-30 Minutes)**  **REPEAT EACH WEEK** | |
| **DATE** | **ONLINE** |
| **Monday** | Visit [www.darebee.com](http://www.darebee.com) and complete a workout.  Recommended Workouts:  **Super Abs:** <https://darebee.com/workouts/super-abs-workout.html>  **Landslide:** <https://darebee.com/workouts/landslide-workout.html>  **Upperbody:** <https://darebee.com/workouts/upperbody-workout.html> |
| **Tuesday** | Complete the two Youtube HIIT workouts.  <https://www.youtube.com/watch?v=kAXg3cM0UCw&feature=youtu.be>  <https://www.youtube.com/watch?reload=9&v=xj7TQ6xTjnU> |
| **Wednesday** | Complete a Fitness Blender workout on Youtube. Choose one of the following options:  **Option 1**- 37 Minute Cardio Workout: <https://www.youtube.com/watch?v=fcN37TxBE_s>  **Option 2**- 10 Minute Ab Workout <https://www.youtube.com/watch?v=fcN37TxBE_s>  **& HIIT Workout** <https://www.youtube.com/watch?v=_9Wls5hni0E>  **Option 3**- 30 minute Low Impact Cardio Workout for Beginners  <https://www.youtube.com/watch?v=bSZj19AUU5I> |
| **Thursday** | Choose 4 workouts to complete from the following list of themed workouts.  <https://www.youtube.com/user/Glennhigginsfitness/videos?view=0&sort=p&flow=grid> |
| **Friday** | Play the following fitness game or play outside for at least 20 minutes. Bottle Flip Chaos: <https://www.youtube.com/watch?v=AZd8oJv6LlM&feature=youtu.be> |

(OFFLINE PLAN ON NEXT PAGE)

|  |  |
| --- | --- |
| **PHYSICAL EDUCATION**  **DAILY (20-30 Minutes)**  **REPEAT EACH WEEK** | |
| **DATE** | **OFFLINE** |
| **Monday** | 1.) 2 sets x 25 reps Jumping Jacks (4 min.) -1 minute between sets and next exercise  2.) 4 sets x 15 reps Crunches (8 min.)-1 minute between sets and next exercise  3.) 4 sets x 10 reps Push-Ups\* (8 min.)- 1 minute between sets and next exercise  \*May do modified push-ups  4.) 4 x 10 reps (5 each leg) Stationary Lunges (5 min.)- 30 seconds between sets and next exercise  5.) 5 straight minutes of Walking or Jogging around the House |
| **Tuesday** | 1.) 3 sets x 20 Mountain Climbers (5 min.)-1 minute between sets and next exercise  2.) 4 sets x 30 second Planks (5 min.)- 30 seconds between sets and next exercise  3.) 3 sets x 10 reps Burpees (Push-Up to Knees-Up to Jump-Up) (8 min.) -1 minute between sets and next exercise  4.) 4 sets x 20 reps Parallel Squats (6 min.) -30 seconds between sets and next exercise  5.) Static Stretching (6 min.; Do each stretch for 30 sec.)  **Standing**                                       **Seated (On-Ground)**  -Toe Touches (Do Twice)      - Butterfly Stretch (Do twice)  -Straddle Stretch (Right)     - Straddle Stretch (Right)  -Straddle Stretch (Left)        - Straddle Stretch (Left)  -Arm Circles (Forward)         - Left leg straight & right leg tucked behind  -Arm Circles (Backward) - Right leg straight & left leg tucked behind |
| **Wednesday** | 1.) Calisthenics (4 min.)   * 2 sets x 45 sec. High Knees in Place (15 sec. between sets) * 2 sets x 45 sec. Butt Kicks in Place (15 sec. between sets)   2.) Abdominals (10 min.)   * 2 sets x 10 reps Curl-Ups (Sit-Ups) * 2 sets x 10 reps V-Ups * 2 sets 20 reps Russian Twists   3.) 4 sets x 30 sec. Wall-Sits (30 sec. Break between sets; 4 min. Total)  4.) 4 sets x 10 reps Push-Ups\* (8 min.)  \*1 minute between sets and next exercise  \*May do modified push-ups  5.) 3 sets x 20 reps standing Calf-Raises (4 min.)\*  \*30 seconds between sets |
| **Thursday** | 1.) 2 sets x 25 Jumping Jacks (4 min.)\*  \*1 minute between sets and next exercise  2.) Abdominals (8 min. Total; 30 sec. per set)   * 2 sets x 15 reps crunches\* * 2 sets x 30 sec. planks\* * 2 sets x 30 sec. side-plank balancing on right forearm\* * 2 sets x 30 sec. side-plank balancing on left forearm\*   \*30 seconds between sets and next exercise  3.) 4 sets x 25 reps Jumping Rope\*\* (6 min. Total; 30 sec. between sets)  \*\*If you do not have a Jump-Rope, do the repetitions  “on-air” as if you had one in your hands  4.) 5 x 10 reps (5 each leg) Stationary Lunges (6 min.)  \*30 seconds between sets and next exercise  5.) 6 minutes of Walking or Jogging around the House |
| **Friday** | \*Using any of the exercises listed in the previous days,  create your own 30-minute home workout.  If possible, attempt to  create a workout which focuses on all aspects of the body (upper/arms,  abdominals/core, and lower/legs) |