

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

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| **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. |

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| **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 |

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| **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  |

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| **MATH****TUESDAY-THURSDAY (30 minutes per day)** |
| **DATE** | **ONLINE: ALEKS** | **OFFLINE: Math Packet** |
| **Tuesday** **April 14** | Math 7: 30 minutesMath8: 30 minutesAlgebra: 30 minutes | Math 7: Two Step Equations 1Math8: Solve Two-Step EquationsAlgebra: Solve Equations with variables on each side |
| **Thursday****April 16** | Math 7: 30 minutesMath8: 30 minutesAlgebra: 30 minutes | Math 7: Two Step Equations 2Math8: Solve Equations with variables on each sideAlgebra: Solve Multi-Step Equations |
| **Tuesday****April 21** | Math 7: 30 minutesMath8: 30 minutesAlgebra: 30 minutes | Math 7: Solving ProportionsMath8: Solve Multi-Step EquationsAlgebra: Solve Literal Equations |
| **Thursday****April 23** | Math 7: 30 minutesMath8: 30 minutesAlgebra: 30 minutes | Math 7: Constant of ProportionalityMath8: Write Two-Step EquationsAlgebra: |
| **Tuesday****April 28** | Math 7: 30 minutesMath8: 30 minutesAlgebra: 30 minutes | Math 7: Baking with Order of OperationsMath8: Graphing x-and y- interceptsAlgebra: Graphing Slope-intercept form |
| **Thursday****April 30** | Math 7: 30 minutesMath8: 30 minutesAlgebra: 30 minutes | Math 7: Percentage of a NumberMath8: Graphing Slope-intercept formAlgebra: Graphing Point-Slope form |

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| **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  |

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| **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)

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| **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-ups4.) 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 exercise3.) 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 exercise5.) 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-ups5.) 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 exercise2.) 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 hands4.) 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) |