

Sample Week 1 Lesson Plan from Mark Housel, Beeler Elementary School, NJ

This sample lesson plan showcases how you can create normalcy and communicating your routines by creating some of your own video messaging to students and parents recording videos on your phone and uploading to YouTube. You can use a combination of creating your own videos or finding videos from the internet to share.

[How to Upload Videos from Your Phone to YouTube](#)- This tutorial shows you exactly how to upload a video from your phone to YouTube.

Introduction

- Week 1 Message for KIDS - <https://youtu.be/J2I-JPS14Ew>
- Week 1 Message for PARENTS - https://youtu.be/_fcjUEtmJCs
- Warm Up - https://docs.google.com/presentation/d/1QQwLJ4_ROFWipvlqPe_UGA-iLnyuDljBVSZaGPHUA2A/edit?usp=sharing

Try one of the following exercise videos or do both

- Paper Dance with Mr. Housel - <https://youtu.be/Cvm21HBraYw>
- Avengers Exercise Video - <https://youtube.com/watch?v=jyWyBern6q4>

Try one of the following

- Walk a Mile with Nick (alone or with family) - <https://youtu.be/X7OzRLb2aKY>
 - Option: Walk a REAL mile outside (if you can)
- Catching Challenges
 - Toss and catch challenges- <https://youtu.be/07SST1Updn0>
 - Partner step back challenge- <https://youtu.be/ZBqFJUJ2BAE>

Closing activity

- The Beeler Bear Dance with Mr. Housel- https://youtu.be/ITWEJ_dplUU