

Day	Anchor Descriptor	Eligible Content or Academic Standard	Objective	Strategies for this lesson	Assessment
Mon.	M.8.B.1	M.A.3.3 compute and/or explain operations with integers, fractions and/or decimals	Students will count their heart rate is segments of 10 seconds, 15 seconds and 30 seconds. From these numbers they will then multiply by the correct multiplier to get a heart rate for 1 minute (RHRx6....RHRx4...RHRx2	Students will complete palpate their resting heart rate for intervals of 10, 15 and 30 seconds. They will then take those numbers and multiple by 6, 4, and 2 to find their resting heart rate RHR, for 1 minute.	Formative Students will calculate the correct RHR for their palpations Summative: Respond Here
Tues.	M.8.B.1	M.A.3.3 compute and/or explain operations with integers, fractions and/or decimals	Students will count their heart rate is segments of 10 seconds, 15 seconds and 30 seconds. From these numbers they will then multiply by the correct multiplier to get a heart rate for 1 minute (RHRx6....RHRx4...RHRx2	Students will complete palpate their resting heart rate for intervals of 10, 15 and 30 seconds. They will then take those numbers and multiple by 6, 4, and 2 to find their resting heart rate RHR, for 1 minute.	Formative Students will calculate the correct RHR for their palpations Summative: Respond Here
Connection to Anchor: R.7.A.2.1. Identify and apply the meaning of vocabulary in nonfiction. R.7.B.1.2. Make connections between texts.					
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Wed	M.8.B.1	M.A.3.3 compute and/or explain operations with integers, fractions and/or decimals	Students will count their heart rate is segments of 10 seconds, 15 seconds and 30 seconds. From these numbers they will then multiply by the correct multiplier to get a heart rate for 1 minute (RHRx6....RHRx4...RHRx2	Students will complete palpate their resting heart rate for intervals of 10, 15 and 30 seconds. They will then take those numbers and multiple by 6, 4, and 2 to find their resting heart rate RHR, for 1 minute.	Formative Students will calculate the correct RHR for their palpations Summative: Respond Here
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Thurs	M.8.B.1	M.A.3.3 compute and/or explain operations with integers, fractions and/or decimals	Students will count their heart rate is segments of 10 seconds, 15 seconds and 30 seconds. From these numbers they will then multiply by the correct multiplier to get a heart rate for 1 minute (RHRx6....RHRx4...RHRx2	Students will complete palpate their resting heart rate for intervals of 10, 15 and 30 seconds. They will then take those numbers and multiple by 6, 4, and 2 to find their resting heart rate RHR, for 1 minute.	Formative Students will calculate the correct RHR for their palpations Summative: Respond Here
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Fri	M.8.B.1	M.A.3.3 compute and/or explain operations with integers, fractions and/or decimals	Students will count their heart rate is segments of 10 seconds, 15 seconds and 30 seconds. From these numbers they will then multiply by the correct multiplier to get a heart rate for 1 minute (RHRx6....RHRx4...RHRx2	Students will complete palpate their resting heart rate for intervals of 10, 15 and 30 seconds. They will then take those numbers and multiple by 6, 4, and	

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