Unit: Gymnastics Grade: Seventh Level: 30

S1.M24.7- Demonstrates correct technique for a variety of skills in 1 self-selected individual-performance activity.

S3.M18.7- Practices strategies for dealing with stress, such as deep breathing, guided visualization, and aerobic exercise.

Student Name	Begins with dominant foot forward and back foot planted firmly on the ground while keeping arms straight in the air.	Lunges forward, placing both hands in front on the floor, shoulder-width apart.	Uses the momentum from lunge to kick legs up.	CASEL Self- Management: Stress Management	Notes/ Observations/ Next Steps