Unit: Gymnastics Grade: Seventh Level: 32

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	Personal fitness routine includes aerobic fitness.	Personal fitness routine includes strength training.	Personal fitness routine includes balance training.	Personal fitness routine includes flexibility and stretching.	CASEL Self- Management: Stress Management	Notes/ Observations/ Next Steps