

5th Grade Unit 6 Resource Page

TEACHING GYMNASTIC SKILLS IN ELEMENTARY PE

https://www.youtube.com/watch?v=9cPER_mKa2c&disable_polymer=true

TEACHING KIDS HOW TO DO A CARTWHEEL

https://www.youtube.com/watch?v=bbtbmj6mg-4&disable_polymer=true

TEACHING KIDS THE FORWARD ROLL

<https://www.youtube.com/watch?v=bljzkeGa5cM>

RESOURCES TO USE THROUGHOUT THE YEAR:

[American Heart Association - Jump Rope for Heart](#)

[Brain Breakers](#)

[CATCH](#)

[Choose My Plate](#)

[Elementary PE Games](#)

[Flag House YouTube Channel](#)

[Fuel Up to Play 60](#)

[Go Noodle](#)

[It's Time Texas](#)

[Online Physical Education Network](#)

[PE Central](#)

[PE Central Adapted Page](#)

[PE Universe](#)

[PhysEdGames](#)

[Physical Education Update](#)

[Texas Association for Health, Physical Education, Recreation and Dance \(TAHPERD\)](#)

