

# 5th Grade Unit 12 Resource Page

## **SOCCER GOLF**

<https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9430#.XuEjfYjYrrc>

## **THE NEST STRIKING ACTIVITY**

<https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=8038#.XuEj84jYrrc>

## **MANAGING BIG EMOTIONS IN UPPER ELEMENTARY STUDENTS: MINDFULNESS AND SELF-REGULATION IDEAS**

<https://www.sugarcubelearning.com/2019/07/managing-big-emotions-in-upper.html?m=1>

## **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 \(TAHPERD\)](#)

[The PE Specialist](#)