

Virtual Physical Education Lessons Grades K-2

Week 5

Learning goals for this week:

1. I can move in different pathways and at different levels.
2. I can move to the beat of the music and follow along to the videos.
3. I can demonstrate **movement concepts** by being physically active for 60-minutes every day.

Standards Covered:

Michigan Standards

- **Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 5:** Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

National Standards

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

| Lesson #1 (Grades K-2) | |
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| Warm-up: | Jack Hartmann Halloween Dance and Freeze: https://youtu.be/FISgTMr6dTA |
| Activity: | <p>Pathways and Dodging</p> <p>Today we are going to be working on skill themes and movement concepts. We will start out with two activities with pathways and then we will end with a dodging activity while we are in the state of Hawaii.</p> <p>For the pathway activity, ask students to get some paper so that they can layout their pathways before they perform a movement with it. Then participate in pathway activity #1.</p> <ul style="list-style-type: none"> • Pathway #1: https://youtu.be/9AUfc1-pMbg <p>The second pathway activity also adds levels. So students are going to look at the pathway and the level to perform something that they feel fits the task that is presented.</p> <ul style="list-style-type: none"> • Pathway and Level Exploration: https://youtu.be/1ivbzWToShM <p>Finally, we are going to take a trip to visit the island of Oahu Hawaii. It is warm there right now because it is on an island. During this activity you are going to jog in place and then you are going to have to dodge the person that jumps out to tag you.</p> <ul style="list-style-type: none"> • Dodging: https://youtu.be/0fGr8lIC9Dw |
| Cool Down: | <ul style="list-style-type: none"> • Let's Unwind with GoNoodle (~3:30min) |
| Assessment: | <p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ◦ Use this handout to have the children choose the right answers. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class! |
| Daily PA: | Our friends at OPEN PE have made it easy for you to get daily physical activity with their October DEAM calendar . |

| Lesson #2 (Grades K-2) | |
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| Warm-up: | Warm-up to Halloween Chica Boom: https://youtu.be/S1BKTSw0kzY |

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| Activity: | <p>Today we are going to have some halloween fun with Cosmic Kids Yoga. First learn a new “Skeleton Jig” Dance and then go on a broom stick adventure!</p> <ul style="list-style-type: none"> • Skeleton Dance: https://youtu.be/GdejryLNn-M • Ruby Broom with Cosmic Kids: https://youtu.be/ArOzn2dtDdA |
| Cool Down: | Pick four poses from this Yoga Deck and hold each for 30-seconds. |
| Assessment: | <p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ○ Give me a thumbs up if you enjoyed the activity today, a thumbs sideways if the verdict is still out, and a thumbs down if you just weren't feeling it today. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class! |
| Daily PA: | Our friends at OPEN PE have made it easy for you to get daily physical activity with their October DEAM calendar . |

| Lesson #3 Bonus Activity (Grades K-2) | |
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| Warm-up: | Halloween Dance Party with Jack Hartman: https://youtu.be/3Op_IFUPk2U |
| Activity: | <p>Today we are going to begin our day by going on a mission with The Incredibles. Then we can do a little yoga stretch to calm our bodies and finish with some relaxation and anxiety relieving tips.</p> <ul style="list-style-type: none"> • Ghost Buster Dance (Time: 3:23): https://youtu.be/rGyt65Jsu1s • Halloween Stomp (Time: 3:17): https://youtu.be/WWyz77PLI6I • Halloween Chica Boom (Time: 4:15): https://youtu.be/S1BKTsw0kzY • Monster Move Dance Koo-Koo Kanga Roo (Time: 3:11) https://youtu.be/GxKb_VHCYdc |
| Cool Down: | Pokemon Mindful minute https://youtu.be/joEMMnOgdMs |
| Assessment: | <p>Suggestions:</p> <ul style="list-style-type: none"> • What is your favorite type of activity? What activities are you going to try and do over the weekend with your family? • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class! |
| Daily PA: | Our friends at OPEN PE have made it easy for you to get daily physical activity with their October DEAM calendar . |