

5th Grade Unit 17 Resource Page

PROBLEM SOLVING STRATEGIES

<https://biglifejournal.com/blogs/blog/how-teach-problem-solving-strategies-kids-guide>

FITNESSGRAM

<https://fitnessgram.net/assessment/>

PUSH UP DEMONSTRATION

<https://www.youtube.com/watch?v=KlcU-Qaf0Bg>

CURL UP DEMONSTRATION

<https://www.youtube.com/watch?v=e6D6uRlfK7M>

PACER TEST DEMONSTRATION

<https://www.youtube.com/watch?v=pP4elcwgQbk>

SHOULDER STRETCH DEMONSTRATION

https://www.youtube.com/watch?v=lhagGZhD0cs&disable_polymer=true

TRUNK LIFT DEMONSTRATION

<https://www.youtube.com/watch?v=ktbDnmJbO6Y>