

Virtual Physical Education Lessons Grades K-2

Week 35

CHECK OUT THE NUTRITION LESSONS THAT CAN BE TAUGHT TOO! [FIND THEM HERE!](#)

Learning goals for this week:

1. I can use my body to move and increase my heart rate.
2. I can learn how to strengthen my muscles by practicing yoga and other activities.
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)	
Warm-up:	<p>Start with a warm-up. Wake-up Fitness from GoNoodle</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/ALrdpsWYoJs (4 minutes) • VideoLink: https://video.link/w/6FLEb
Activity:	<p>Today's activity is a fun strength workout for kids. It is avatars with a counter but the activities are good. Might need to add some different music if you are doing it with your students.</p> <ul style="list-style-type: none"> • Youtube: https://youtu.be/mjESOldIIZY (18 minutes) • VideoLink: https://video.link/w/siLEb <p>Finish off with this summer vacation This or That</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/IItnTT5EdGE (5 minutes) • VideoLink: https://video.link/w/PKi0c
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"> • Have students discuss either how they were physically active last weekend or how they are going to be physically active this weekend? What is it that they did or want to do and why do they like to do that. <p>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!</p>
Daily PA:	Our friends at OPEN PE have made it easy for you to get daily physical activity with their June DEAM Calendar

Lesson #2 (Grades K-2)	
Warm-up:	<p>Warm-up with GoNoodle</p> <ul style="list-style-type: none"> • YouTube: Can't Stop the Feeling (Trolls) Warm-Up • VideoLink: https://video.link/w/zLEb
Activity:	<p>Today we are going to do some fun games that involve dodging and jumping. Check them all out or check some of them out.</p> <p>Super Mario Bros Chase (4 minutes)</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/TZO-yyJyTAQ • VideoLink: https://video.link/w/UOi0c <p>Shark Chase (4 minutes)</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/-2pg-td3vQ0 • VideoLink: https://video.link/w/xLi0c <p>Moon Mountain (3:30 minutes)</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/30Sct77dXAI • VideoLink: https://video.link/w/BPi0c <p>Extreme Water Balloon Battle (6 minutes)</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/B0ApZjFbupQ • VideoLink: https://video.link/w/WLi0c
Cool Down:	<p>Calm down Routine</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/rWP4XI4IDYA (5 minutes) • VideoLink: https://video.link/w/lnLEb
Assessment:	<ul style="list-style-type: none"> • How can they practice their skills while they are home this summer. Have the students write a list of things they can do at home. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record their activity this week - make sure you include your time in PE class!
Daily PA:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their June DEAM Calendar</p>

Lesson #3 Bonus Activity (Grades K-2)	
Warm-up:	<p>Enjoy this Pump-it-up workout</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/etYhiq9hM8A (5 minutes) • VideoLink: https://video.link/w/jHLEb
Activity:	<p>Enjoy this full body workout that works the whole body.</p> <ul style="list-style-type: none"> • Workout with Joe the Body Coach <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/mhHY8mQQ5eo (16 minutes) ◦ VideoLink: https://video.link/w/BDLEb
Cool Down:	<p>Cooldown</p> <ul style="list-style-type: none"> • Bring it Down with GoNoodle • YouTube: https://youtu.be/bRklLioT_NA (5 minutes) • VideoLink: https://video.link/w/allEb
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • What muscles did we use today to workout our bodies? If you don't know look them up by the location of the body that you know that you were working and find the muscle that is associated • 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:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their June DEAM Calendar</p>