

Virtual Physical Education Lessons Grades K-2

Week 15

Learning goals for this week:

1. I can use my body to move and increase my heart rate.
2. I can use my hands and eyes to juggle to the best of my ability.
3. I can learn how to strengthen my muscles by practicing yoga and other activities.
4. 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
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 January 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 revisit juggling. Your students will need juggling materials which could include socks, scarves, handkerchiefs, or plastic bags.</p> <p>Juggling is going to use scarves - but if you don't have access to any, plastic grocery bags or bandanas, or even masks might also work great! You are going to encourage your students to start with one scarf and then work them into two. There is a good likely hood that most won't get to more. Using this "Scarves" guide from OPEN PE, see if you can complete each task! There are two parts to the scarves guide, use part one for at-home learning.</p> <p>Teachers, I would suggest leading the students through each activity on the scarf guide as a class. If you need to send something to send home for them to practice or would like a video to lead them, try these.</p> <ul style="list-style-type: none"> • https://youtu.be/YV315siBwJg (3:00 min; 14 easy tricks for kids with one scarf) • https://youtu.be/8S_eXQUs0DM (6:45 min; one to three scarfs) • https://youtu.be/ve2FKNctOBg (1:45 min; one and two scarf juggling) • https://youtu.be/uWiZ4fNqu5c (1:45 min; Three scarf juggle)
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"> • Have students think about how they might practice their juggling skills this week. • Have students track their highest number of successful attempts with tally marks and have them add them up at the end. Have them write a sentence that discusses how they can practice to become better and improve their score. • 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!
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Lesson #3 Bonus Activity (Grades K-2)	
Warm-up:	<p>Enjoy this fun family warm-up. You can lead it yourself or show the video.</p> <ul style="list-style-type: none"> • Bear Walk • Caterpillar • Mirrors • YouTube: https://youtu.be/AM0qmotORqQ (3 minutes) • VideoLink: https://video.link/w/JRLEb
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/mhHY8mOQ5eo (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/bRkLIoT_NA (5 minutes) • VideoLink: https://video.link/w/aLEb
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 draw a picture of you and point to the area that you think we worked out as part of our exercises 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:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their January DEAM calendar.</p>