



DEMS Virtual Learning Plan

PE (Grade 1)

20-21, Trimester 1				
	<u>November 5</u>	<u>November 12</u>	<u>November 19</u> Last class of the trimester <u>TRIMESTER ends : November 25</u>	<u>November 26</u>
PE (Grade 1)	<p><u>Due Date :</u> November 5, 2:30pm</p> <p><u>Learning Targets :</u> S1.E7 - Balance - Maintains momentary stillness on different bases of support. (Continuation)</p> <p><u>Activities :</u> Submit a video of the Poses</p> <p><u>Google Meet :</u></p>	<p><u>Due Date :</u> November 12, 2:30pm</p> <p><u>Learning Targets :</u> S1.E1 - Curling & Stretching Demonstrate the curling and stretching actions/movements</p> <p><u>Activities :</u> Submit a video of Curling and Stretching movemnts</p> <p><u>Google Meet :</u></p>	<p><u>Due Date :</u> November 19, 2:30pm</p> <p><u>Learning Targets :</u> S1.E9 - Rolling - Rolls in different directions with either narrow or curled.</p> <p><u>Activities :</u> Submit is a video demonstrating Rolling movements</p> <p><u>Google Meet :</u></p>	<p><u>Due Date :</u> November 26, 2:30pm</p> <p><u>Learning Targets :</u> <u>“Jump Rope Skills Challenge”</u> Who's got the most number of jumps?</p> <p><u>Activities :</u> Each student will submit a video performing jumping/skipping rope. They need to record the number of jumps using the jump ropes in 60 seconds or 1 minute Prepare your own jump rope!</p> <p><u>Google Meet :</u></p>
<u>Extension Activities and Resources</u>				