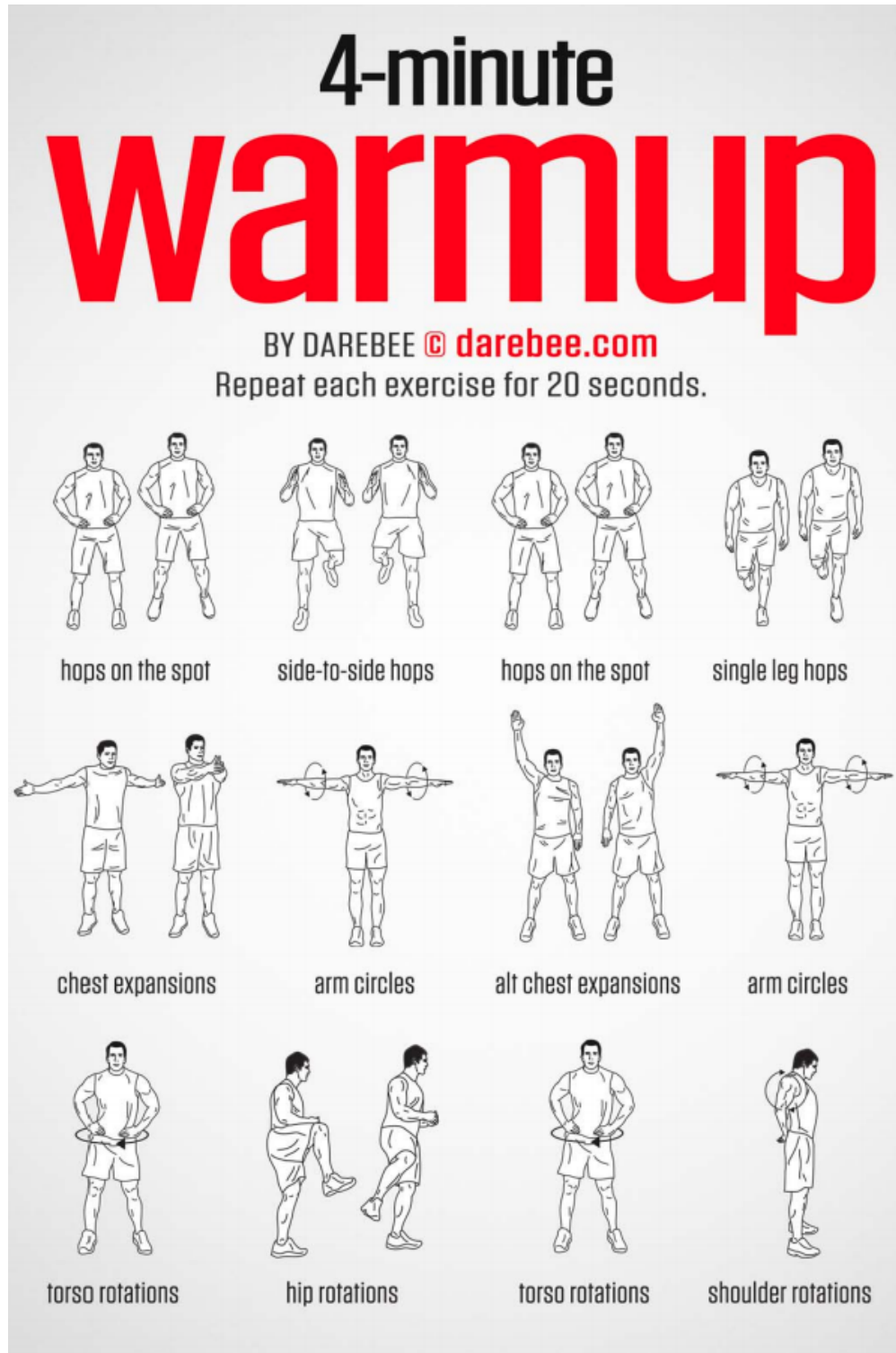


Welcome to SES Online PE Class

Lesson 7: brock.anderson@sewardschools.org

- We will start class by running in place at a slow jog for 30 sec. Begin now
- We will now do the “Back Fix Warm Up” to help us continue to loosen up. Please follow along:



- We will now continue on with 2 fun videos. If you don't have the items shown, find the closest thing in your house and follow along. Good Luck
 - [Would You Rather Fitness #4](#)
 - Pick 2 superheros and complete the tasks listed
 - [Hero In Training](#)
- We will now complete the “Sprinter” for our workout. The 6 exercises shown are 1 set when you complete them all. Rest 2 minutes and then complete 2 more times. Begin now



- Go play outside for 20 min. Play catch, shoot hoops, ride a bike or scooter.
- Finish class by completing the activity of the day on your take home calendar.

BONUS ACTIVITY 1:

~AT-HOME PE~

COUCH ISLAND

EQUIPMENT: PILLOWS, TOWELS, STUFFED ANIMALS, STOPWATCH, AND A COUCH.

SET-UP: WITH PARENT'S PERMISSION, CREATE A TRAIL LEADING TO A COUCH IN YOUR HOUSE. PLACE ALL EQUIPMENT ON THE FLOOR. IT CAN BE YOUR CHOICE OF HOW LONG/SHORT IT CAN BE.

ACTIVITY: STUDENTS WILL WORK ON BALANCING AND PATHWAYS IN THIS ACTIVITY. STUDENTS WILL START ON AN OBJECT AND MAKE THEIR WAY ALL THE WAY TO THE COUCH. THE FLOOR IS CONSIDERED WATER, SO THEY MUST NOT FALL OFF. IF A STUDENT FALLS, THEN THEY MUST RESTART THE TRAIL. TIME YOURSELF TO SEE HOW LONG IT TAKES.

ENRICHMENT/MODIFICATION: USE LONGER OR SHORTER TOWELS FOR A TRAIL. STUFFED ANIMALS CAN BE LARGE OR SMALL.



PROJECT PHYS. ED.
"A PROJECT DEDICATED TO ALL THINGS PHYS. ED."



S1.E7 & S2.E2

BONUS ACTIVITY 2:



Bunny Hops

Hop over the rope
on one foot



Flashback

Swing the rope in the other
direction, jumping backward



Run It

Run or jog forward over the
rope



Firecrackers

Jump as fast as
you can



Jump Rope Jacks

Jump with feet together
then feet apart



Twister

Twist body to one side and
then the other when jumping



Ski Jumper

Spread the rope on the floor
and jump side to side over it



Crisscross

Criss cross legs on every
other jump



Donut Jumps

Make the rope into a circle on
the ground, jump into the circle
then out



Crossovers

Cross arms on every other
jump

BONUS ACTIVITY 3:

FIELDING A GROUND BALL



CATCHING A FLY BALL





THROWING CRITICAL ELEMENTS

Infield Ground Ball



1. Athletic stance on balls of your feet

2. Hands out in front of your body

3. Field the ball with your left eye

4. Right foot left foot field, right left throw pattern

Outfield Ground Ball



1. Get low and field the ball off your glove side foot

2. Line body up to where you will be throwing

3. Make sure you field the ball before you come up to throw it in to the infielder

Fly Ball



1. Any time the ball is hit in the air, your 1st step is back

2. Keep you nose behind the ball

3. Catch the ball slightly off to the side and be ready to throw the ball back in to the infield

Catcher



1. Athletic stance on the balls of your feet

2. Give pitcher a big target with your glove even with your knees

3. Receive the ball and be strong so the ball does not pull your glove out of the strike zone

PRACTICE YOUR SKILLS

INFIELD GROUND BALL DRILL



OUTFIELD GB DRILL



FLYBALL DRILL



CATCHER DRILL



QR Code Critical Element Poster

JOURNAL ACTIVITY:



Physical Education

Fitness Journal

Day 7

List 3 words or phrases that describe how you feel each time you finish being physically active.	
Write 3 sentences that you could use to convince a friend or family member to be physically active with you.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

✓ It's time to practice breathing into your belly. ✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly. ✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving? ✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
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