

Virtual Physical Education Lessons Grades K-2

Week 26

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 exercising with yoga and fitness cardio activities.
3. I can better understand and identify the bones in my body.
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 3-5)	
Warm-up:	<p>Make sure that you have a safe place around you both at home or if you are at school.</p> <ul style="list-style-type: none"> Follow along to this Freeze Game Dance Yoga <ul style="list-style-type: none"> YouTube: https://youtu.be/Omi0vZSIOW (7 minutes) VideoLink: https://video.link/w/lu9hc
Activity:	<p>Now we are going to participate in some fitness activities. These are fun games of this or that fitness. Let's check them out!</p> <ul style="list-style-type: none"> This or That Spring Tabata <ul style="list-style-type: none"> Youtube: https://youtu.be/qnUObO0WWUM (7 minutes) Videolink: https://video.link/w/sv9hc Next finish out this lesson with find the Gnome <ul style="list-style-type: none"> YouTube: https://youtu.be/nDKHLF-rcqs (9 minutes) VideoLink: https://video.link/w/Bv9hc
Cool Down:	<p>Finish the day with this fitness cooldown.</p> <ul style="list-style-type: none"> Youtube: https://youtu.be/xELgfiXSw-s (8 minutes) VideoLink: https://video.link/w/sy9hc
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> Exit Slip <ul style="list-style-type: none"> Use this bones worksheet to learn more about the bones in your body. Then circle the ones that you think you used today during your workout. Check out this Activity Tracker to help your students meet a goal of 60 minutes a day of PA. Have them turn it in at the end of the week.
Daily PA:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their April DEAM Calendar.</p>

Lesson #2 (Grades 3-5)	
Warm-up:	Use the warm-up provided in the video below
Activity:	<p>This week we are going to follow along with a cosmic kids yoga workout, hungry caterpillar.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/xhWDiQRrC1Y (19 minutes) • VideoLink: https://video.link/w/FJ9hc
Cool Down:	<p>Check out this stretching routine to finish up the day:</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/OL3W0pcHU50 (4 minutes) • VideoLink: https://video.link/w/Z79hc
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip: <ul style="list-style-type: none"> ○ Have the students write about their favorite exercises for the day. Have them include what the exercise was (name of it), what muscles or area of the body the exercise was working, draw picture of themselves doing the exercise, and why they liked it and called it their favorite. ○ Check out this Activity Tracker to help your students meet a goal of 60 minutes a day of PA. Have them turn it in at the end of the week.
Daily PA:	Our friends at OPEN PE have made it easy for you to get daily physical activity with their April DEAM Calendar .

Lesson #3 Bonus Activity (Grades 3-5)	
Warm-up:	<p>Check out this Mountain hike brain break warm-up</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/GghrfH_YTYE (2 minutes) • VideoLink: https://video.link/w/V89hc
Activity:	<p>Today we are going to participate in pilates and stretching workout designed for kids.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/ZNfJjY25-jY (16 minutes) • VideoLink: https://video.link/w/q99hc
Cool Down:	<p>The cooldown is included above but watch these two video's to close out the day and learn about healthy eating and nutrition.</p> <ul style="list-style-type: none"> • Healthy Habits: Put Screens Away <ul style="list-style-type: none"> ○ YouTube: https://youtu.be/B5N3HSI814o (2 minutes) ○ VideoLink: https://video.link/w/JD9hc • Eat Smarter Drink Water <ul style="list-style-type: none"> ○ YouTube: https://youtu.be/igflGYyuABU (2 minutes) ○ VideoLink: https://video.link/w/zC9hc (2 minutes)
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ○ What were two things stretches or exercises that you enjoyed today? Draw a picture of it if you don't remember the name of the activity • Check out this Activity Tracker to help your students meet a goal of 60 minutes a day of PA. Have them turn it in at the end of the week.
Daily PA:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their April DEAM Calendar.</p>