

Virtual Physical Education Lessons Grades 3-5

Week 30

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 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>Warm-Up with Mr C and their Drum Fit activities. If you don't have a noodle you can use your arms, fingers, pencils, or whatever you have.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/SfFSZiSB9ME (3:30 Minutes) • Videolink: https://video.link/w/X6yqc
Activity:	<p>Today there is a series of activities that can be done at home or at school as a large group. It can be teacher initiated or it can be done by the student</p> <p>May the 4th be with you! Celebrate National Star Wars Day (which is May 4th)! Today we'll train with some Jedi, Kylo Ren, and Obi Wan to get a great Star Wars-themed workout! Don't have a lightsaber handy? You can pretend or you can use whatever you may have handy, including a pencil or a long spoon!</p> <ul style="list-style-type: none"> • Star Wars Jedi Workout: <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/yVY_awAiV5k (Time: 3:46) ◦ VideoLink: https://video.link/w/Zwyqc • Star Wars Kylo Ren 'SITH' Workout: <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/2el9BoQLTfo (Time: 5:00) ◦ VideoLink: https://video.link/w/oxyqc • Obi Wan Star Wars Workout: <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/OHOTNEtC3Rc (Time: 4:19) ◦ VideoLink: https://video.link/w/1xyqc • Star Wars Light Saber Tabata: <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/3h9am97W4Rc (Time: 4:22) ◦ VideoLink: https://video.link/w/Lxyqc
Cool Down:	<p>Finish the day with this breathing exercise. Have students breath along with the directions.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/YFdZXwE6fRE (2:36 minutes) • VideoLink: https://video.link/w/n3yqc
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ◦ Think about how you can stay active with your family during Ramadan. How did you do last week with your goal? Write down a goal of how you are going to meet your 60 minutes. • 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 May DEAM Calendar.</p>

Lesson #2 (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"> • Use this Lets Go Workout from GoNoodle to get our bodies moving <ul style="list-style-type: none"> ○ https://family.gonoodle.com/activities/lets-go (3:30 minutes)
Activity:	<p>This is a great 20 minute workout for kids created by GoNoodle. It has its own DJ and everything. It is a good workout so make sure you pause and let your kids get a drink of water, etc. As always, if they think something is too hard, have them just walk in place.</p> <ul style="list-style-type: none"> • https://family.gonoodle.com/activities/total-motion
Cool Down:	<p>Finish by having your students breath in and out for one minute before going back to class.</p>
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip: <ul style="list-style-type: none"> ○ What did you find challenging about this workout? What did you like? What did you not like? How could you use what you did today to help you be physically active at home. ○ 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 May DEAM Calendar.</p>

Lesson #3 Bonus Activity (Grades 3-5)	
Warm-up:	<ul style="list-style-type: none"> • Warmup is in the yoga videos below
Activity:	<p>Today we are going to participate in yoga with Cosmic Kids! Int includes the warm-up and the cool down in the video.</p> <ul style="list-style-type: none"> • Star Wars Yoga with Cosmic Kids <ul style="list-style-type: none"> ○ YouTube: https://youtu.be/BEPxPkQY6V8 (25 minutes) ○ VideoLink: https://video.link/w/iEyqc
Cool Down:	<ul style="list-style-type: none"> • See Above
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ○ What is one thing that you can do this weekend to stay active. • 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 May DEAM Calendar.</p>