

Instructions/Daily Overview

3-5 Physical Education

General Instructions for Parents- [Tips for Parents](#)

Please enjoy these activities with your children as they are designed to provide some physical activity during the day. (Please note it is recommended that all activities be performed inside and honor the social distancing guidelines from the Center for Disease Control).

Follow instructional sequence-

- a. Warm-up- Click on link under Student Activities
- b. Daily Fitness Activity- Click on link under Student Activities
- c. Mindfulness- Click on link under Student Activities

Subject/Lesson Topic Physical Education	Materials and Instructions	Student Activities	Modifications (TBD)
Day 1-2 <u>Lesson focus</u> I can keep an active lifestyle while staying at home from school. <u>Academic Language</u> ACTIVE LIFESTYLE A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Choose three poses to perform with parents. Hold each pose for 30 sec to 60 sec.	Trolls September DEAM Calendar Yoga Flash Cards	Pause video as needed, Sit and perform dance, choose arms/legs only, clap along with song Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of pose, Perform with upper/lower body only, perform with a partner Adapted Yoga - Muscular Dystrophy Adapted Yoga - Hypotonia Adapted Yoga - Triplegia Adapted Yoga - Ataxia

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Day 3-4 <u>Lesson focus</u> I can develop my personal fitness by staying active for 60 minutes each day. <u>Academic Language</u> FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Sun Salutation #1 Perform with family following the peer coaching cards	Trolls September DEAM Calendar Sun Salutation #1	Pause video as needed, Sit and perform dance, choose arms/legs only, clap along with song Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of pose, Perform with upper/lower body only, perform with a partner
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Day 5-6 <u>Lesson focus</u> I can develop my cardiorespiratory endurance at home. <u>Academic Language</u> CARDIORESPIRATORY ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Choose three poses to perform with parents. Hold each pose for 30 sec to 60 sec.	Trolls September DEAM Calendar Yoga Flash Cards	Pause video as needed, Sit and perform dance, choose arms/legs only, clap along with song Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of pose, Perform with upper/lower body only, perform with a partner Adapted Yoga - Muscular Dystrophy Adapted Yoga - Hypotonia Adapted Yoga - Triplegia Adapted Yoga - Ataxia

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Day 7-8 <u>Lesson focus</u> I can develop my muscular strength at home to improve overall fitness. <u>Academic Language</u> MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Sun Salutation #2 Perform with family following the peer coaching cards.	Trolls September DEAM Calendar Sun Salutation #2	Pause video as needed, Sit and perform dance, choose arms/legs only, clap along with song Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of pose, Perform with upper/lower body only, perform with a partner
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Day 9-10 <u>Lesson focus</u> I can flex and extend my muscles to improve my overall fitness. <u>Academic Language</u> DYNAMIC STRETCHING An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Choose three poses to perform with parents. Hold each pose for 30 sec to 60 sec.	Trolls September DEAM Calendar Yoga Flash Cards	Pause video as needed, Sit and perform dance, choose arms/legs only, clap along with song Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of pose, Perform with upper/lower body only, perform with a partner Adapted Yoga - Muscular Dystrophy Adapted Yoga - Hypotonia Adapted Yoga - Triplegia Adapted Yoga - Ataxia

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Day 11-12 <u>Lesson focus</u> I will live an active lifestyle while staying home from school. <u>Academic Language</u> ACTIVE LIFESTYLE A way of life that makes physical activity an everyday routine.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Learn how to bring focus to yourself with this calming video.	Get Up DEAM Calendar Strengthen Focus	Just move to the music and make your own moves Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of movement, Perform with upper/lower body only, perform with a partner
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Day 13-14 <u>Lesson focus</u> I will develop endurance by performing today's learning focus activity. <u>Academic Language</u> ENDURANCE My ability or strength to continue a task or exercise without stopping. Stamina.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness: Practice short "in" breaths and long "out" breaths to relieve stress and anxiety with this calming exercise.	Turn Up The Bass DEAM Calendar Relieve Anxiety	Pause video as needed, Sit and perform dance, choose arms/legs only, clap along with song Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of movement, Perform with upper/lower body only, perform with a partner
Subject/Lesson Topic Physical Education	Materials and Instructions	Student Activities	Modifications (TBD)
Day 15-16 <u>Lesson focus</u> I will develop my personal fitness by getting 60 minutes of physical activity. <u>Academic Language</u> ROUTINE A sequence of steps that can be followed.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Learn how to bring focus to yourself with this calming video.	Get Up DEAM Calendar Strengthen Focus	Just move to the music and make your own moves Repeat activities, adjust time of activity, adjust reps of activity, take breaks as needed, do the best you can! Adjust time of movement, Perform with upper/lower body only, perform with a partner

