

## **Virtual Physical Education Lessons Grades 6-8**

### **Week 21**

**CHECK OUT THE NUTRITION LESSONS THAT CAN BE TAUGHT TOO! [FIND THEM HERE!](#)**

#### **Learning goals for this week:**

1. I can develop and improve my health and skill related fitness.
2. I can better understand heart rate and the different types of workouts that accompany various heart rate levels
3. I can improve my fine motor skills and hand eye coordination by practicing some toss and catch
4. I can demonstrate **health related fitness** by being physically active for 60-minutes every day.

#### **Standards Covered:**

##### **Michigan Standards**

- **Standard 1:** The physically literate individual 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 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhanced level of physical activity and fitness.
- **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 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<b>Lesson #1 (Grades 6-8)</b>	
<b>Warm-up:</b>	<p>First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity.</p> <ul style="list-style-type: none"> <li>● Use Yoga workout #3 to warm-up your muscles before our Yoga lesson today <ul style="list-style-type: none"> <li>○ YouTube: <a href="https://youtu.be/XOzHfuHD8NE">https://youtu.be/XOzHfuHD8NE</a> (5 minutes)</li> <li>○ VideoLink: <a href="https://video.link/w/hVkJb">https://video.link/w/hVkJb</a></li> <li>○ Wide knee-Childs pose (3-5 breaths)</li> <li>○ Cat-cow (5 reps)</li> <li>○ Downward Dog-pedal heels (10 heel pedals)</li> </ul> </li> </ul> <p>Depending on the length of your class, you could skip this and go right into the activities below.</p>
<b>Activity:</b>	<p>Today we are going to begin with a nice workout from Yoga Ed. The first lesson is called yoga for runners. This is a great workout, and doesn't have to be for runners. YouTube: <a href="https://youtu.be/n-qgQLx3YQE">https://youtu.be/n-qgQLx3YQE</a> (14 minutes) VideoLink: <a href="https://video.link/w/Y2JTb">https://video.link/w/Y2JTb</a></p> <p>This second lesson is 18 minutes and it is about practicing Yoga focus. YouTube: <a href="https://youtu.be/SqgkY-HGt6M">https://youtu.be/SqgkY-HGt6M</a> (18 minutes) VideoLink: <a href="https://video.link/w/X3JTb">https://video.link/w/X3JTb</a></p>
<b>Cool Down:</b>	<ul style="list-style-type: none"> <li>● The cooldown is part of the video above.</li> </ul>
<b>Assessment:</b>	<ul style="list-style-type: none"> <li>● Exit Slip <ul style="list-style-type: none"> <li>○ Thinking about your yoga experiences how can it help you with what you are going through in your life? When do you find it most important to practice yoga that you have learned.</li> </ul> </li> <li>● To meet our goal of being physically active for at least 60-minutes each day, remote learners can use <a href="#">this activity tracker</a> to record your activity this week - make sure you include your time in PE class!</li> </ul>
<b>Daily PA:</b>	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their <a href="#">February DEAM Calendar</a>.</p>

Lesson #2 (Grades 6-8)	
<b>Warm-up:</b>	<p>First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity.</p> <ul style="list-style-type: none"> <li>• Use this quick workout from Les Mills <ul style="list-style-type: none"> <li>◦ <a href="https://youtu.be/0skunYNQdhl">https://youtu.be/0skunYNQdhl</a> (4 minutes)</li> </ul> </li> </ul>
<b>Activity:</b>	<p>Today we are going to do a full body HITT workout. There is no equipment needed for the workout.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/s5RMxHNNyBw">https://youtu.be/s5RMxHNNyBw</a> (23 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/L5JTb">https://video.link/w/L5JTb</a></li> </ul> <p>Here is a link to the generic <a href="#">heart rate tracker worksheet</a></p>
<b>Cool Down:</b>	<p>End the day with a one minute breathing exercise - Core Breath.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/RsgRf_Ly6XM">https://youtu.be/RsgRf_Ly6XM</a> (1 minute)</li> <li>• VideoLink: <a href="https://video.link/w/F6JTb">https://video.link/w/F6JTb</a></li> </ul>
<b>Assessment:</b>	<p>Exit Slip:</p> <ul style="list-style-type: none"> <li>• Use the heart rate tracker throughout and have the students reflect on it.</li> <li>• To meet our goal of being physically active for at least 60-minutes each day, remote learners can use <a href="#">this activity tracker</a> to record your activity this week - make sure you include your time in PE class!</li> </ul>
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Lesson #3 (Grades 6-8)	
<b>Warm-up:</b>	<p>For the warm-up today, get a quick workout in before we do a toss and catch challenge.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/465_gH_IY_s">https://youtu.be/465_gH_IY_s</a> (5:45 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/xBJTb">https://video.link/w/xBJTb</a></li> </ul>
<b>Activity:</b>	<p>Today we are going to continue our work with hand-eye coordination and work on our tossing and catching skills with some fun activities.</p> <p><b>Students will need:</b></p> <ul style="list-style-type: none"> <li>• <b>A crumpled up piece of paper or a ping pong ball and a plastic cup</b></li> </ul> <p>Good Luck Catching Advanced</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/PBmURCzGp5k">https://youtu.be/PBmURCzGp5k</a> (10:51 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/gnJTb">https://video.link/w/gnJTb</a></li> </ul> <p>Cup and Paper Challenge</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/z5rEZIDBEI0">https://youtu.be/z5rEZIDBEI0</a> (19:24 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/g9JTb">https://video.link/w/g9JTb</a></li> </ul>
<b>Cool Down:</b>	<ul style="list-style-type: none"> <li>• Use this quick cool down to calm down before going on with your day. If you want more you can have them cool down with the Yoga Deck <ul style="list-style-type: none"> <li>◦ Spinal Wave <ul style="list-style-type: none"> <li>■ Youtube: <a href="https://youtu.be/trT7whXtwGQ">https://youtu.be/trT7whXtwGQ</a> (1 minute)</li> <li>■ VideoLink: <a href="https://video.link/w/9DJTb">https://video.link/w/9DJTb</a></li> </ul> </li> </ul> </li> <li>• Pick four poses from <a href="#">this Yoga Deck</a> and hold each for 30-seconds.</li> </ul>
<b>Assessment:</b>	<p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Exit Slip: <ul style="list-style-type: none"> <li>◦ What was the hardest about catching the paper ball by itself? In a cup? How could you help yourself improve?</li> </ul> </li> <li>• To meet our goal of being physically active for at least 60-minutes each day, remote learners can use <a href="#">this activity tracker</a> to record your activity this week - make sure you include your time in PE class!</li> </ul>
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Lesson #4 (Grades 6-8)	
<b>Warm-up:</b>	<p>Enjoy this quick warm-up before the workout. It is just to get the blood flowing with LesMills.</p> <ul style="list-style-type: none"> <li>• <a href="https://youtu.be/JrP-4RwUpGA">https://youtu.be/JrP-4RwUpGA</a> (3:50 Minutes) Sorry no VideoLink for this</li> </ul>
<b>Activity:</b>	<p>Today's activity is going to be a total body workout with Cardio Kickboxing and core elements. There is an additional warm-up and the cooldown is part of it. Brought to you by Fitness Blender.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/F_6ps9cyFzo">https://youtu.be/F_6ps9cyFzo</a> (26:18 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/vGJTb">https://video.link/w/vGJTb</a></li> </ul> <p>Although there is a cooldown as part of this workout, depending on the length of your lesson, you might be able to get a yoga workout in as well. If so, check it out in the cooldown section.</p> <p>Here is a link to the generic <a href="#">heart rate tracker worksheet</a> to help your students keep track of their heart rate throughout the workout.</p>
<b>Cool Down:</b>	<ul style="list-style-type: none"> <li>• Use the cooldown with the video above.</li> </ul>
<b>Assessment:</b>	<p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>○ Name the 5 components of health related fitness. Then identify two components that you used today and identify part of the workout that you used them.</li> </ul> </li> <li>• To meet our goal of being physically active for at least 60-minutes each day, remote learners can use <a href="#">this activity tracker</a> to record your activity this week - make sure you include your time in PE class!</li> </ul>
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<b>Lesson #5 (Grades 6-8)</b>	
<b>Warm-up:</b>	<p>Today use a new DSHINES warm-up to start your blood flowing.</p> <ul style="list-style-type: none"> <li>• PE Warm-Up #10 (4 minutes) <ul style="list-style-type: none"> <li>○ Right Side-plank Thread the needle (5)</li> <li>○ Left Side-plank Thread the needle (5)</li> <li>○ Mountain Climbers (10)</li> <li>○ Burps (3)</li> </ul> </li> <li>• YouTube: <a href="https://youtu.be/eChNw4eRUlw">https://youtu.be/eChNw4eRUlw</a></li> <li>• VideoLink: <a href="https://video.link/w/IyHJb">https://video.link/w/IyHJb</a></li> </ul>
<b>Activity:</b>	<p>Today's activity is going to be a fun workout that you can either do with your students on the screen or you can have your students do it on their own.</p> <p>You can give students choices, or you can decide which ones that they should do. The key is that they work out for 30 minutes. They could follow one worksheet and all of the reps and sets or combine worksheets as they like.</p> <ul style="list-style-type: none"> <li>• Darbee workout <a href="#">Below Zero</a></li> <li>• Darbee workout <a href="#">Boss level</a></li> <li>• Darbee workout <a href="#">Burning Bright</a></li> <li>• Darbee workout <a href="#">Princess to the Rescue</a></li> <li>• Darbee workout <a href="#">Last Minute</a></li> </ul> <p>Here is a link to the generic <a href="#">heart rate tracker worksheet</a> to help your students keep track of their heart rate throughout the workout.</p>
<b>Cool Down:</b>	<p>Cool Down</p> <ul style="list-style-type: none"> <li>• Cool down with a Darbee Fitness Rest and Recover workout. <a href="#">Follow the workout here</a> (Teacher or student leads this cooldown)</li> </ul>
<b>Assessment:</b>	<ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>○ Have the students write about what type of workout they like the best and then describe why they like it. You could also have them categorize the workouts in the five health related fitness components.</li> <li>○ To meet our goal of being physically active for at least 60-minutes each day, remote learners can use <a href="#">this activity tracker</a> to record your activity this week - make sure you include your time in PE class!</li> </ul> </li> </ul>
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