



## DEMS Virtual Learning Plan

PE (Grade 3)

### 20-21, Trimester 1

	<u>November 5</u>	<u>November 12</u>	<u>November 19</u> Last class of the trimester <u>TRIMESTER ends : November 25</u>	<u>November 26</u>
<b>PE (Grade 3)</b>	<p><b><u>Due Date :</u></b> November 5th, 2:30pm</p> <p><b><u>Learning Targets :</u></b> Gymnastics S1.E7 (Balance)</p> <p>S1.E10 (Twisting &amp; bending)</p> <p>S1.E11 (Combinations)</p> <p>-Developing a stronger start off and finish to balances and rotations.</p> <p>-Rotations to Balances</p> <p><b><u>Activities :</u></b> Gymnastics Workout With Mr. Edmondson</p> <p>FlipGrid Activity</p> <p><b><u>Google Meet :</u></b> Meet for attendance</p>	<p><b><u>Due Date :</u></b> November 12, 2:30pm</p> <p><b><u>Learning Targets :</u></b> Gymnastics S1.E7 (Balance)</p> <p>S1.E10 (Twisting &amp; bending)</p> <p>S1.E11 (Combinations)</p> <p>-Developing a stronger start off and finish to balances and rotations.</p> <p>-Rotations to Balances</p> <p>-Leaps and Transitions</p> <p><b><u>Activities :</u></b> Lecture on gymnastics transitions and feedback from following lesson instructions</p> <p>Gymnastics Workout With Mr. Edmondson on gymnastics transitions</p>	<p><b><u>Due Date :</u></b> November 19, 2:30pm</p> <p><b><u>Learning Targets :</u></b> Gymnastics S1.E7 (Balance)</p> <p>S1.E10 (Twisting &amp; bending)</p> <p>S1.E11 (Combinations)</p> <p>-Creating a mini routine</p> <p><b><u>Activities :</u></b> Mini routine - Students create and perform a gymnastics mini routine using balances, rotations, and transitions.</p> <p><b><u>Google Meet :</u></b> Meet for instructions, questions, and attendance.</p>	<p><b><u>Due Date :</u></b> November 26, 2:30pm</p> <p><b><u>Learning Targets :</u></b> Individual Challenges Engagement In Activity Individual Responsibility</p> <p><b><u>Activities :</u></b> Students are to complete 2 out of 3 challenges from their teacher. Challenges have a focus on skill, strength, and/or coordination.</p> <p><b><u>Google Meet :</u></b> N/A</p>



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		FlipGrid Activity showing gymnastics rotations, balances, and transitions		
Extension Activities and Resources				