

## Virtual Physical Education Lessons Grades 3-5

### Week 31

**Due to the shortened week in the Dearborn calendar, there will be only two lessons listed this week.**

**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.

| <b>Lesson #1 (Grades 3-5)</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <b>Warm-up:</b>               | <p>Check out this Mother's Day Edition of would you Rather</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/5bgiCiBJtyw">https://youtu.be/5bgiCiBJtyw</a> (8 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/myHsc">https://video.link/w/myHsc</a></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Activity:</b>              | <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>We are going to participate in your yoga ed yoga workout. During this lesson we will also learn about our emotions and our feelings.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/SD1HnQ0LtOc">https://youtu.be/SD1HnQ0LtOc</a> (15 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/owHsc">https://video.link/w/owHsc</a></li> </ul> <p>At the end of this video, students will need a space to lie down (just an FYI in case they are in their classroom you can warn them ahead of time)</p> |
| <b>Cool Down:</b>             | There is a relaxation part to this video, so there is no additional cooldown.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Assessment:</b>            | <p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>◦ How do you deal with your emotions? Is it healthy? What is one thing that you can do better to deal with your emotions and feelings.</li> </ul> </li> <li>• <a href="#">Check out this Activity Tracker</a> 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.</li> </ul>                                                                                                                                                                                                                                                                    |
| <b>Daily PA:</b>              | Our friends at OPEN PE have made it easy for you to get daily physical activity with their <a href="#">May DEAM Calendar</a> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

| Lesson #2 (Grades 3-5) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-up:</b>        | <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"> <li>• Warm-up with Go Noodle Fresh Start Fitness - This warm-up is called Rock out <ul style="list-style-type: none"> <li>◦ <a href="https://family.gonoodle.com/activities/rock-out">https://family.gonoodle.com/activities/rock-out</a> (4 minutes)</li> </ul> </li> </ul>                                                                            |
| <b>Activity:</b>       | <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"> <li>• <a href="https://family.gonoodle.com/activities/high-velocity">https://family.gonoodle.com/activities/high-velocity</a></li> </ul>                             |
| <b>Cool Down:</b>      | <p>Finish by having your students breath in and out for one minute before going back to class.</p>                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Assessment:</b>     | <p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Exit Slip: <ul style="list-style-type: none"> <li>◦ 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.</li> <li>◦ <a href="#">Check out this Activity Tracker</a> 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.</li> </ul> </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="#">May DEAM Calendar</a>.</p>                                                                                                                                                                                                                                                                                                                                                    |