

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

### **Week 28**

**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 understand the benefits that different types of workouts can have on my body.
3. 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.

Lesson #1 (Grades 6-8)	
<b>Warm-up:</b>	<ul style="list-style-type: none"> <li>• Warm-up is included in the video below.</li> </ul>
<b>Activity:</b>	<ul style="list-style-type: none"> <li>• Today we have a deep stretch total body yoga workout. It does not need a warm-up or a cool down as it is incorporated into the video. It is a nice light intensity yoga, especially for those who are fasting during Ramadan. <ul style="list-style-type: none"> <li>○ Yoga with Adrienne <ul style="list-style-type: none"> <li>■ YouTube: <a href="https://youtu.be/GLy2rYHwUqY">https://youtu.be/GLy2rYHwUqY</a> (45 minutes)</li> <li>■ VideoLink: <a href="https://video.link/w/ZVDlc">https://video.link/w/ZVDlc</a></li> </ul> </li> </ul> </li> </ul>
<b>Cool Down:</b>	<ul style="list-style-type: none"> <li>• Cool down is included in the video above.</li> </ul>
<b>Assessment:</b>	<ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>○ Have the students start a log about how much physical activity that they are getting during Ramadan. Start with reflecting on activities last week and how they were feeling if they were fasting. Then students should log their activity minutes for today using the tracker below to meet 60 minutes a day.</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>	Our friends at OPEN PE have made it easy for you to get daily physical activity with their <a href="#">April DEAM Calendar</a> .

Lesson #2 (Grades 6-8)	
<b>Warm-up:</b>	<p>Make sure you have space that is cleared and free from obstructions. Today's yoga warm-up is called the <i>Strength Flow</i>. It is from the Kids Work It Out program and starts with an energizing 'bunny breath' exercise and then focuses on strengthening and stretching the legs, hips, and sides of the waist.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/ZJNqcBcNTcM">https://youtu.be/ZJNqcBcNTcM</a> (Time: 4:41)</li> <li>• VideoLink: <a href="https://video.link/w/NfElc">https://video.link/w/NfElc</a></li> </ul>
<b>Activity:</b>	<p>Low intensity strength workout through interval training is going to be the focus of the lesson today. It is similar to HIIT but instead of high intensity with cardio these moves are all low intensity. Follow along with Bender Fitness.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/0WNT3w_ca44">https://youtu.be/0WNT3w_ca44</a> (18 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/8ZDlc">https://video.link/w/8ZDlc</a></li> </ul> <p>Finish with this seated spinal twist workout for Kids Work It Out. Spinal stretches are important because they lengthen the tight muscles in our back, improve alignment, and help us to maintain good posture.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/IBOAZ4InLtl">https://youtu.be/IBOAZ4InLtl</a> (10 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/CaElc">https://video.link/w/CaElc</a></li> </ul>
<b>Cool Down:</b>	Cooldown is included above.
<b>Assessment:</b>	<p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>◦ Have the students reflect and record their activity in meeting 60 minutes a day</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="#">April DEAM Calendar</a> .

Lesson #3 (Grades 6-8)	
<b>Warm-up:</b>	<p>First, before starting every lesson make sure that the area around you is safe for physical activity.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/Cjyeyz5oL1o">https://youtu.be/Cjyeyz5oL1o</a> (4 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/AuuHb">https://video.link/w/AuuHb</a> <ul style="list-style-type: none"> <li>○ <u>2 times through:</u></li> <li>○ Windmills (10 reps)</li> <li>○ Inchworms (5 reps)</li> <li>○ Chicken Sweeps (10 reps)</li> </ul> </li> </ul>
<b>Activity:</b>	<p>Workout Wednesday with Wayne State University! You can create words for your students to spell, or you could give them guidelines to allow them choice in the movements that they are participating in. Have your students download the handout and then each letter is linked to a video to show how to do the different exercises.</p> <ul style="list-style-type: none"> <li>○ Use always use <a href="#">this A-B-C exercise guide</a></li> <li>○ The words that are chosen today are from Ramadan. Some of you will know them as they are part of your life, however, others might not know about Ramadan at all. So use the words to guide you through a light workout using this exercise guide. <ul style="list-style-type: none"> <li>○ <b>Sawm</b> - The word used for fasting and one of the five pillars of Islam</li> <li>○ <b>Eid al-Fitr</b> - Meaning “feast of breaking the fast”, this three-day celebration marks the end of Ramadan and the start of “Shawwal” – the tenth month in the Islamic calendar – with prayers, festivities, food and gifts.</li> <li>○ <b>‘Siyam Kareem’</b> - Blessed fasting</li> </ul> </li> <li>• This could be done in a live class with the teacher demonstrating or on their own.</li> <li>• To keep with a theme of heart rate this week. <a href="#">You can use the heart rate tracker after each word.</a></li> </ul>
<b>Cool Down:</b>	<ul style="list-style-type: none"> <li>• Cool down with this digital wellness exercise from Yoga Ed. <ul style="list-style-type: none"> <li>○ YouTube: <a href="https://youtu.be/mcdNPcG88Qk">https://youtu.be/mcdNPcG88Qk</a> (4 minutes)</li> <li>○ VideoLink: <a href="https://video.link/w/ukElc">https://video.link/w/ukElc</a></li> </ul> </li> </ul>
<b>Assessment:</b>	<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Exit Slip: <ul style="list-style-type: none"> <li>○ Have the students reflect and record their activity in meeting 60 minutes a day</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="#">April DEAM Calendar</a>.</p>

Lesson #4 (Grades 6-8)	
<b>Warm-up:</b>	<p>First, before starting every lesson make sure that the area around you is safe for physical activity.</p> <ul style="list-style-type: none"> <li>• Warmup is included below.</li> </ul>
<b>Activity:</b>	<p>This 20 minutes exercise workout is light intensity but will bring that heart rate up. It includes a dynamic warmup, some cardio and bodyweight strength training.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/qzx-d1Z2bLY">https://youtu.be/qzx-d1Z2bLY</a> (Time: 20:29)</li> <li>• VideoLink: <a href="https://video.link/w/MIElc">https://video.link/w/MIElc</a></li> </ul> <p>Finish the day with a nice relaxing Yoga routine from YogaEd</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/1MNRKG2yNAA">https://youtu.be/1MNRKG2yNAA</a> (7 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/HoElc">https://video.link/w/HoElc</a></li> </ul>
<b>Cool Down:</b>	<p>Use this digital wellness break to finish up the lesson for the day.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/Vr7HCtRw9U8">https://youtu.be/Vr7HCtRw9U8</a> (4 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/ksElc">https://video.link/w/ksElc</a></li> </ul>
<b>Assessment:</b>	<p>Exit Slip</p> <ul style="list-style-type: none"> <li>• Have the students reflect and record their activity in meeting 60 minutes a day</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>	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their <a href="#">April DEAM Calendar</a>.</p>

Lesson #5 (Grades 6-8)	
<b>Warm-up:</b>	<p>Today we are going to warm-up with DSHINES today.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/4DSe5kB8aiE">https://youtu.be/4DSe5kB8aiE</a></li> <li>• VideoLink (No ads): <a href="https://video.link/w/ulg6b">https://video.link/w/ulg6b</a> <ul style="list-style-type: none"> <li>○ 2 times through:</li> <li>○ Plank Toe touch (10 reps)</li> <li>○ Quad Walk (10 steps forward, 10 steps back)</li> <li>○ Reverse Plank (15-30 seconds)</li> </ul> </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. Using the Darbee fitness workout sheets, students will do a challenging but good fitness routine.</p> <p>There are four worksheets that are attached. You can give students choices, or you can decide which ones that they should do. They are all low intensity workouts.</p> <ul style="list-style-type: none"> <li>• Darbee workout <a href="#">For me</a></li> <li>• Darbee workout <a href="#">Kinder</a></li> <li>• Darbee workout <a href="#">Regenerator</a></li> <li>• Darbee workout <a href="#">Centenarian</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>	Choose your favorite breathing exercise and concentrate on your breathing for one minute
<b>Assessment:</b>	<ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>○ Record your activity for the week.</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>	Our friends at OPEN PE have made it easy for you to get daily physical activity with their <a href="#">April DEAM Calendar</a> .