

Virtual Physical Education Lessons Grades 6-8

Week 7

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 related fitness.
2. I can apply my knowledge about FITT principle to create a self-guided workout.
3. I can understand and apply the 5 health related fitness components and the FITT principle in a workout.
4. I can demonstrate **health related fitness** by being physically active for 60-minutes every day.

Standards Covered:

Michigan Standards

- **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 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)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. • Today we will be working through Yoga Warm-Up # 3. ○ Wide knee-Childs pose (3-5 breaths) ○ Cat-cow (5 reps) ○ Downward Dog-pedal heels (10 heel pedals) ○ https://youtu.be/XOzHfuHD8NE
Activity:	Today we are going to experience Yoga with Ms. Brynn and YogaEd. Similar to last week, this is about a thirty minute Yoga workout designed for teens. This one focuses on relieving stress. • https://youtu.be/dogNpG2XVSE (28 minutes)
Cool Down:	• End with a Mindful Minute ○ Participate in blink breath from Yoga Ed. https://youtu.be/ju2hb9En-24
Assessment:	Suggestions: • Exit Slip ○ Today we completed a yoga sequence. What were two yoga poses in the sequence? Name them, explain how they are done, and why you chose those two poses. They need to be different than last week. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class!
Daily PA:	Our friends at OPEN PE have made it easy for you to get daily physical activity with their November DEAM Calendar.

Lesson #2 (Grades 6-8)	
Warm-up:	First, before starting every lesson make sure the area around you is safe for physical activity. • Today we will be working through Warm-Up #1. Go through all three once and then repeat a second time: ○ Jumping-Jacks (20 reps) ○ Boot-strappers (10 reps) ○ Samson Stretch (6 reps) ○ https://youtu.be/JglM02K2uOY
Activity:	Obviously since we are home, you are participating in lots of fitness workouts. We have learned about the five health related fitness components. Now we are going to review/learn the FITT principle. FITT stands for Frequency, Intensity, Time and Type. See this handout for the definitions (page 2) • Now we are going to apply the FITT principle. Using this invisible dumbbell workout from OPEN the students will apply their FITT knowledge and create a workout based on the movements listed in the invisible dumbbell handout. They will create their own FITT plan for the workout before doing the workout. You have to decide the Frequency of each movement, the intensity level, how long you are going to do it, and for how long. Use this FITT Principle Worksheet to record your workout intensity after the workout and turn it in for your assessment.
Cool Down:	• End with a Mindful Minute ○ Breathe in and out for 2 minutes. Eyes closed, breathe in through the mouth and out of the nose.
Assessment:	Exit Slip: • Use the worksheet as their assessment. The students should have filled the frequency time and type out before the workout and then the intensity should be filled out at the completion. To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class!
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Lesson #3 (Grades 6-8)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. • Today we will be working through Warm-Up #2. Go through all three once and then repeat a second time: ○ Toe-touches (10 reps) ○ Spiderman (10 reps) ○ Broad Jump to Reverse Bear crawl (5 reps) ○ https://youtu.be/dpZmMfpodXw
Activity:	• Wednesdays is the Workout of the Day (WOD)! 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. ○ Use always use this A-B-C exercise guide ○ Today's words are going to go with the theme of the week, FITT. Please spell out all of the FITT principle words ○ Four words this week for Work out of the Day (WOD): ○ Frequency ○ Intensity ○ Time ○ Type • This could be done in a live class with the teacher demonstrating or on their own. • To keep with a theme of heart rate this week. You can use the heart rate tracker after each word.
Cool Down:	• End with a Mindful Minute ○ For 120 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. While doing your mindful minute, start thinking about your exit ticket for class.
Assessment:	Suggestions: • Exit Slip: ○ Use the heart rate tracker as a reflection. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class!
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Lesson #4 (Grades 6-8)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. • Today we will be working through Warm-Up #3. ○ Windmills (10 reps) ○ Inchworms (5 reps) ○ Chicken Sweeps (10 reps) ○ https://youtu.be/Cjveyz5oL1o
Activity:	• Today we have two different activities that you will participate in. The first one is a version of This or That, video game style. Please follow along with the video. TeacherNote** You might have to show/demonstrate the different activities that are choices as they are going because the cartoon characters make it hard to see what they are doing. ○ This or That Video Game Style: https://youtu.be/lKpJjQ2gdWU • The second activity is from Darbee Fitness. Depending on your class, will decide what level of intensity you choose. Use this handout and take them through a live workout or give it to them to workout with on their own time at home.
Cool Down:	• Use this Darbee finisher workout as our cool down. ○ https://dshines.info/3oV5EEq
Assessment:	Suggestions: • Exit Slip ○ Thinking about the FITT principle that we have been talking about this week, please determine how FITT applied to this workout by describing what the F.I.T.T principles are and how they apply to this lesson. Give specific examples. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class!
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Lesson #5 (Grades 6-8)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. • Today we will be working through Warm-Up #3. Go through all three once and then repeat a second time: ○ Seated Belly breathing (5 breaths) ○ Seated circle breathing (5 breaths in each direction) ○ Tabletop Circle breathing (5 breaths in each direction) ○ https://youtu.be/6OIDFJGIAxc
Activity:	Today you are going to work out with Shaun T and his Cool Moves workout. Find the 25 minute workout here. • https://vimeo.com/showcase/6880106/video/398645356 For the last part of class, you are going to give the students an assignment and they can start working out it for the last 10 minutes or so. It is about the fitness components, principles, as well as MyPlate. It is a crossword puzzle and they are given the definition and need to write the proper word in the space. There are exercises on the crossword as well, so the kids could also do that activity for an additional workout. This is the students version: https://dshines.info/380xJUG Here is the TEACHER version: https://dshines.info/3oJnZ7h
Cool Down:	• End with a Mindful Minute ○ For 120 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. ○ If you are live, I suggest playing some calming music so it isn't dead silent
Assessment:	• Exit Slip ○ Crossword puzzle used above. • To meet our goal of being physically active for at least 60-minutes each day, remote learners can use this activity tracker to record your activity this week - make sure you include your time in PE class!
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