

Elementary Physical Education

First Six Weeks Model Video Lessons

Title: Exercises and Heart			
Lesson Objective: Students lift and support his/her own weight in selected activities that develop muscular strength and endurance.			
Lesson Resources: FWISD PE Curriculum			
TEKS: K.3d, 1.3d, 2.3d, 3.3d, 4.3e, 5.3a k.4a, 1.4b, 1.4a, 3.3b, 4.4a, 5.4a		ELPS: 1.f	
Video Lesson: YouTube Link		Video Lesson Matrix Alignment: Watch/Listen/ Respond	
Video Lesson Summary			
Lesson Structure Components	Description of Teacher Actions	Time	Notes
Activate and Model	Connects with students by using a quick introduction. The teacher will show the lesson objective on a google slide, and stating the importance of exercises, and information about the heart.	1 min	Intro with instructions and greeting.
Practice	Provides guided practice by modeling an exercise challenge for students to perform.	5 min	Students pause the video to perform balance movement.
Closure	Closes lessons by reminding students about work due Friday, and a review exercises and information about the heart.	1 min	Don't forget to "Close."
Total video lesson time		7 min	
Practice Independent of the Teacher	Students will perform exercise challenges three times a day. Friday Google Doc	2-5 min	
Estimated total lesson time		10 min	

Teacher Notes:

Include suggestions for synchronous time.