

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

### **Week 29**

**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>• Yoga Warm-up 3: <a href="https://youtu.be/XOzHfuHD8NE">https://youtu.be/XOzHfuHD8NE</a></li> <li>• VideoLink: <a href="https://video.link/w/hVkpPb">https://video.link/w/hVkpPb</a> <ul style="list-style-type: none"> <li>○ 2 times through:</li> <li>○ Wide knee-Childs pose (3-5 breaths)</li> <li>○ Cat-cow (5 reps)</li> <li>○ Downward Dog-pedal heels (10 heel pedals)</li> </ul> </li> </ul>   |
| <b>Activity:</b>       | <ul style="list-style-type: none"> <li>• Today we have a deep stretch total body yoga workout. You can choose from two different lessons, a chair yoga lesson or a mat yoga session. <ul style="list-style-type: none"> <li>○ Chair Yoga <ul style="list-style-type: none"> <li>■ YouTube: <a href="https://youtu.be/OnAZg-oUIZM">https://youtu.be/OnAZg-oUIZM</a> (25 minutes)</li> <li>■ Video Link: <a href="https://video.link/w/1rhoc">https://video.link/w/1rhoc</a></li> </ul> </li> <li>○ Mat Yoga <ul style="list-style-type: none"> <li>■ YouTube: <a href="https://youtu.be/2-IBK_VQ5vc">https://youtu.be/2-IBK_VQ5vc</a> (21 minutes)</li> <li>■ Video Link: <a href="https://video.link/w/guhoc">https://video.link/w/guhoc</a></li> </ul> </li> </ul> </li> </ul> |
| <b>Cool Down:</b>      | <ul style="list-style-type: none"> <li>• Use this breathing and relaxation video. <ul style="list-style-type: none"> <li>○ YouTube: <a href="https://youtu.be/gU_ABFUAVAs">https://youtu.be/gU_ABFUAVAs</a> (5:30 minutes)</li> <li>○ VideoLink: <a href="https://video.link/w/Lwhoc">https://video.link/w/Lwhoc</a></li> </ul> </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>Start your day with a DSHINES workout.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/dpZmMfpodXw">https://youtu.be/dpZmMfpodXw</a></li> <li>• VideoLink: <a href="https://video.link/w/hP5hc">https://video.link/w/hP5hc</a> <ul style="list-style-type: none"> <li>○ Toe-touches (10 reps)</li> <li>○ Spiderman (10 reps)</li> <li>○ Broad Jump to Reverse Bear crawl (5 reps)</li> </ul> </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>Start with the this slide show of This or That. I would suggest using it with a Tabata timer (not built in) or just keeping track on your watch.</p> <ul style="list-style-type: none"> <li>• <a href="#">Would you Rather Activity</a> (10 minutes)</li> </ul> <p>Next, get some strength in the legs by participating in a short squat workout. (3 minutes)</p> <ul style="list-style-type: none"> <li>• Bring Sally Up <ul style="list-style-type: none"> <li>○ <a href="https://dshines.info/3dPsGsH">https://dshines.info/3dPsGsH</a> (3:30 minutes)</li> </ul> </li> </ul> <p>The next activity is a fun dance for the students to follow along with. It is a (video game type dance). I'd suggest have the students doing it twice because the first time you watch it, it goes fairly fast</p> <ul style="list-style-type: none"> <li>• <a href="https://dshines.info/3sKIPVG">https://dshines.info/3sKIPVG</a> (3 minutes) If repeated 6 minutes</li> </ul> |
| <b>Cool Down:</b>      | <p>Finish with a nice Yoga Cooldown.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/f8nfwlcK-g">https://youtu.be/f8nfwlcK-g</a> (11 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/Wnhoc">https://video.link/w/Wnhoc</a></li> </ul>  |
| <b>Assessment:</b>     | <p>Suggestions:</p> <ul style="list-style-type: none"> <li>• Exit Slip <ul style="list-style-type: none"> <li>○ How have you experienced stress in your life? How have you coped with it? Is it a healthy or unhealthy way of coping and if its unhealthy, choose one healthy strategy that you could use in the future.</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>       | <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 #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/Cjeyz5oL1o">https://youtu.be/Cjeyz5oL1o</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>This set of activities are designed especially for Ramadan. Follow along as appropriate. ** there is an add in the first video, but could be beneficial for families.</p> <ul style="list-style-type: none"> <li>• Ramadan Cardio Kickboxing <ul style="list-style-type: none"> <li>○ YouTube: <a href="https://youtu.be/xry-25Vqbog">https://youtu.be/xry-25Vqbog</a> (16 minutes - only 10 minutes of workout)</li> <li>○ VideoLink: <a href="https://video.link/w/5Bhoc">https://video.link/w/5Bhoc</a></li> </ul> </li> <li>• Ramadan Total Body Workout <ul style="list-style-type: none"> <li>○ YouTube: <a href="https://youtu.be/irZkgmMKnfk?t=151">https://youtu.be/irZkgmMKnfk?t=151</a> (14 minutes)</li> <li>○ VideoLink: <a href="https://video.link/w/eDhoc">https://video.link/w/eDhoc</a></li> </ul> </li> </ul> |
| <b>Cool Down:</b>      | <ul style="list-style-type: none"> <li>• Cool down with this relaxation technique audio track (7:30 minutes) <ul style="list-style-type: none"> <li>○ <a href="#">Audio File can be found here. Students need to lay down and follow along.</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>  |

| <b>Lesson #4 (Grades 6-8)</b> |  |
|-------------------------------|--|
| <b>Warm-up:</b>               | <p>First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity.</p> <p>No warm-up is needed for this lesson.</p>   |
| <b>Activity:</b>              | <p>Today we are going to do a full body yoga workout with Sara Beth Yoga. The students can follow along and there are even modifications given for more difficult poses.</p> <ul style="list-style-type: none"> <li>• YouTube: <a href="https://youtu.be/WiunRtHBdnA">https://youtu.be/WiunRtHBdnA</a> (38 minutes)</li> <li>• VideoLink: <a href="https://video.link/w/p6hoc">https://video.link/w/p6hoc</a></li> </ul>   |
| <b>Cool Down:</b>             | <ul style="list-style-type: none"> <li>• The yoga video has a cooldown embedded and even a guided breathing at the end. For the last 5 minutes of class, I would have students work on a self-reflection. See below in the assessment.</li> </ul>  |
| <b>Assessment:</b>            | <p>Exit Slip:</p> <ul style="list-style-type: none"> <li>• Life is stressful and there are many stressful things going on in everyone's life. Today we learned how to just breathe and try to de-stress our own bodies. What are some stressful things that you are dealing with. Set three goals of things that you are going to do to help de-stress situations. It could be at home, or at school.</li> <li>• To meet our goal of being physically active for at least 60-minutes each day, remote learners can use <a href="#">this activity tracker</a> to record your activity this week - make sure you include your time in PE class!</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 use a new DSHINES warm-up to start your blood flowing.</p> <ul style="list-style-type: none"> <li>• PE Warm-Up #8 (4 minutes) <ul style="list-style-type: none"> <li>○ Inchworms (5)</li> <li>○ Toe Touches (10)</li> <li>○ Plank Shin Taps (10)</li> <li>○ YouTube: <a href="https://youtu.be/g25GwXiCS7k">https://youtu.be/g25GwXiCS7k</a></li> <li>○ VideoLink: <a href="https://video.link/w/TTGJb">https://video.link/w/TTGJb</a></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. This would be a good one to do while you have students both in the gym and at home as it is self-directed and you can monitor. You could display one up on the projector for the students in the gym and then have students at home have it uploaded on Schoology.</p> <p>You can give students choices, or you can decide which ones that they should do. The key is that they work out for 30 minutes. They could follow one worksheet and all of the reps and sets or combine worksheets as they like.</p> <ul style="list-style-type: none"> <li>• Darbee workout <a href="#">Odyssey</a></li> <li>• Darbee workout <a href="#">Lightning Strike</a></li> <li>• Darbee workout <a href="#">Hot Sauce HITT</a></li> <li>• Darbee workout <a href="#">Catching Fire</a></li> <li>• Darbee workout <a href="#">Apollyon</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>      | <p>Cool Down</p> <ul style="list-style-type: none"> <li>• Cool down with a Darbee Regenerator workout. <a href="#">Follow the workout here</a> (Teacher or student leads this cooldown)</li> </ul>  |
| <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>       | <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>  |