

Virtual Physical Education Lessons Grades K-2

Week 21

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 practicing yoga, dance, and other activities.
3. I can work on my hand-eye coordination with catching a paper ball
4. 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.

Lesson #1 (Grades K-2)	
Warm-up:	Today we are going to begin with a warm-up for kids and GoNoodle - Purple Stew Moose Tube - YouTube: https://youtu.be/_NWYeVyZz9I (2 Minutes) - VideoLink: https://video.link/w/MYITb
Activity:	Today, we are going to do a couple of fun fitness video games. This first game is by Coach Bowman. It is a series of challenges for kids to have fun exercising with. - YouTube: https://youtu.be/Z2nhT4sapVw (4 minutes) - VideoLink: https://video.link/w/FUITb This second game is called Level Up 3, it is a video game fitness challenge led by kids. Taking the kids through obstacles on the screen. - YouTube: https://youtu.be/u_TrBTwiK6c (8:30 minutes) - VideoLink: https://video.link/w/eWITb Finally, here is a what's this workout with Fix and Play - YouTube: https://youtu.be/_ktFBZOb_UA (7:55 minutes) - VideoLink: https://video.link/w/9XITb
Cool Down:	Check out this stretch and cooldown by PhysEd Focus - YouTube: https://youtu.be/LHipGCj0PuM (3:56 minutes) - VideoLink: https://video.link/w/UZITb
Assessment:	Suggestions: - Exit Slip - What was challenging for you in these exercises? What was easy? Was there anything that you could do at home on your own or with a parent or sibling? - 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 February DEAM Calendar.

Lesson #2 (Grades K-2)	
Warm-up:	Check out this warm-up with Les Mills • YouTube: https://youtu.be/f9KqF_11EYc (3:30 minutes; sorry there is no videolink for this one)
Activity:	Today we are going to start out with a this or that fitness workout and then we are going to work on our tossing and catching. Students will need: • A crumpled up piece of paper The first activity is a fitness this or that. It will be fun for students to complete and then they can work the rest of their time on tossing and catching challenge. • YouTube: https://youtu.be/AOiFSDpp4jI (3:39 minutes) • VideoLink: https://video.link/w/ycJTb Good Luck Catching Beginner Students will need their crumpled piece of paper and then they will follow along. • YouTube: https://youtu.be/lsDb4PI-DmQ (10:52 minutes) • VideoLink: https://video.link/w/uDITb
Cool Down:	• The Cool Down with Sticky Kids ○ YouTube: https://youtu.be/GJkbeygwwmA (2:32 minutes) ○ VideoLink: https://video.link/w/2fJTb
Assessment:	Suggestions: • Exit Slip: ○ What was the hardest about catching the paper ball? What did you do to make it easier? Did anyone try to make it harder? How many points did you get? ○ 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 Bonus Activity (Grades K-2)	
Warm-up:	• Warm-up is part of the yoga workout, see below.
Activity:	Today, workout with Cosmic Kids to do a Pokemon Yoga workout YouTube: https://youtu.be/tbCjkPlsaes (24:13 minutes) VideoLink: https://video.link/w/lhJTb
Cool Down:	YouTube: https://youtu.be/L9OTam6VZ_U (4:25 minutes) VideoLink: https://video.link/w/pgJTb
Assessment:	Suggestions: • Exit Slip ◦ What did you like most about the yoga workout? What pose did you find most challenging? What pose or breath are you going to use at home? • 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 February DEAM Calendar.