

Virtual Physical Education Lessons Grades 3-5

Week 13

This week the K-2 lessons and the 3-5 lessons are similar as I think both grade levels can follow along and have fun with the activities. Teachers, please differentiate as you see fit.

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 balance in self space and manipulate my body to show self-awareness and control.
3. I can learn how to strengthen my muscles by practicing yoga and other activities.
4. I can learn the proper way to throw overhand and underhand.
5. 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.

This week the K-2 lessons and the 3-5 lessons are similar as I think both grade levels can follow along and have fun with the activities. Teachers, please differentiate as you see fit.

Lesson #1 (Grades 3-5)	
Warm-up:	<p>Warm-up with the twelve days of PE class</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/OO-_5s682P0 (3:55 minutes) • Videolink (no ads): https://video.link/w/cm58b
Activity:	<p>Today we are going to do a couple of activities that are holiday-themed. The first activity is an elf workout.</p> <ul style="list-style-type: none"> • Join Buddy the Elf in this 10-minute workout <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/R82EBGYm9fw (10 minutes) ◦ VideoLink (no ads): https://video.link/w/ft58b • Winter Guided Relaxation by Cosmic Kids <ul style="list-style-type: none"> ◦ YouTube: https://youtu.be/k71xY0hgZJU (10 minutes) ◦ VideoLink (no ads): https://video.link/w/0058b
Cool Down:	Cooldown was included in the guided relaxation above.
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Have students write about emotions and feelings. What are they feeling? How can physical activity help their emotions and feelings? <p>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!</p>
Daily PA:	Our friends at OPEN PE have made it easy for you to get daily physical activity with their December DEAM calendar .

Lesson #2 (Grades 3-5)	
Warm-up:	<p>The same warm-up all week this week, given the holidays. Warm-up with the twelve days of PE class</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/OO-5s682P0 (3:55 minutes) • Videolink (no ads): https://video.link/w/cm58b
Activity:	<p>Today we are going to do a winter ninja workout as well as practice our throwing with a snowball skills challenge.</p> <ul style="list-style-type: none"> • The first thing to do today is the snowball skill challenge <ul style="list-style-type: none"> ○ Review underhand throwing and overhand throwing skills ○ Students will need 4-6 sock balls or other balls ○ This will take longer than the time in the video and you can have them repeat as many times as you like. ○ YouTube Directions: https://youtu.be/BMUcoJeTHCw (3:46 minutes) ○ VideoLink: https://video.link/w/o858b • The next activity if you have time is the snow ninja challenge <ul style="list-style-type: none"> ○ YouTube: https://youtu.be/h65hCZoKw9A (5:15 minutes) ○ VideoLink: https://video.link/w/3958b
Cool Down:	<p>Calm down Yoga</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/rWP4XI4IDYA (6 minutes) • VideoLink: https://video.link/w/tU58b
Assessment:	<ul style="list-style-type: none"> • Think about the break. How can you stay physically active over break? What are some things that you can do? • Share the www.dshines.org website with students and tell them about the families page. • 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:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their December DEAM calendar.</p>

Lesson #3 Bonus Activity (Grades 3-5)	
Warm-up:	<p>The same warm-up all week this week, given the holidays. Warm-up with the twelve days of PE class</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/OO-5s682P0 (3:55 minutes) • Videolink (no ads): https://video.link/w/cm58b
Activity:	<p>Enjoy this cardio exercise/dance that is winter themed</p> <ul style="list-style-type: none"> • Winterwonderland with GoNoodle <ul style="list-style-type: none"> ◦ https://family.gonoodle.com/activities/winter-wonderland (20 minutes) • Another option if you would like a This or That instead <ul style="list-style-type: none"> ◦ Winter Math Fitness <ul style="list-style-type: none"> ■ YouTube: https://youtu.be/MUfUCm-66WU (5:15 minutes) ■ VideoLink: https://video.link/w/IM58b ◦ Ugly Sweater fitness <ul style="list-style-type: none"> ■ YouTube: https://youtu.be/PdjxxFjEgwE (9 minutes) ■ VideoLink: https://video.link/w/1P58b
Cool Down:	<p>YogaEd Cooldown</p> <ul style="list-style-type: none"> • Rest and relaxation • YouTube: https://youtu.be/FFAkG46NnSM (2 minutes) • VideoLink: https://video.link/w/JQ58b
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Think about the break. How can you stay physically active over break? What are some things that you can do? • Share the www.dshines.org website with students and tell them about the families page. • 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:	<p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their December DEAM calendar.</p>