

Virtual Physical Education Lessons Grades K-2

Week 7

CHECK OUT THE NUTRITION LESSONS THAT CAN BE TAUGHT TOO! [FIND THEM HERE!](#)

Learning goals for this week:

1. I can learn how to toss and catch.
2. I can learn how to strengthen my muscles by practicing yoga and other activities.
3. 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:	Warmup with Cosmic Kids https://youtu.be/ybPwuaGoa9E (5 minutes)
Activity:	<ul style="list-style-type: none"> ● Disney Family Yoga - Moana (13 minutes) <ul style="list-style-type: none"> ○ Enjoy this great yoga activity with Disney family as they act out the movie Moana. Use this link to lead your students through the activity ○ https://youtu.be/fMTXq7v3G7U ● Incredibles Yoga with Disney Family (11 minutes) <ul style="list-style-type: none"> ○ Need one more activity? Check out this Incredibles Yoga with Disney family. ○ https://youtu.be/sJGZoEXboRQ
Cool Down:	Pick four poses from this Yoga Deck and hold each for 30-seconds.
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> ● Exit Slip - As the students to reflect on their most challenging yoga pose (have them show you) AND the easiest pose that they remember for the day. <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 November DEAM calendar .

Lesson #2 (Grades K-2)	
Warm-up:	Kids Warm Up: https://youtu.be/AB1Go5Kpp9k?t=31
Activity:	<p>Today we are going to play some games with beanbags! This is meant for the teacher to lead the students through in a live class.</p> <ul style="list-style-type: none"> You are going to use this handout to help you follow along with all of the different options Students are going to need a beanbag or a rolled up sock Discuss how to catch something that is below your waist (pinkies together, fingers apart, watch it into the hands, close) Discuss how to catch something above your head (thumbs together, fingers apart, watch it into the hands, close) Part 1: Balance and Locomotor <ul style="list-style-type: none"> Balance the beanbag or sock on different body parts Challenge with a time - how long can they hold it on their head without it falling? Hand? Arm? Foot? Walk and do the above Skip or Jump and do the above Part 1 Toss and Try <ul style="list-style-type: none"> Have the students practice tossing in the air and catching it. Provide challenges: <ul style="list-style-type: none"> How many times can you catch it in a row Can you toss it low and still catch it? Can you toss it high? How high? Be careful not to hit something. Toss and clap 1 time, then catch Toss and clap 2 times, then catch Clap as many times as you can and then try to catch it. Toss with right hand only (repeat tasks above) Toss with left hand only (repeat tasks above) Toss and turn 360 degrees before the bean bag hits the floor Part 1 Super Moves <ul style="list-style-type: none"> With bean bag on the floor: <ul style="list-style-type: none"> Stretch your body and log roll over it back and forth. Start low like a frog, and then jump over it backward and forward; side-to-side. Sit on the floor. Stretch and curl by picking the beanbag up with your feet, reaching and touching it with your hands, and then stretching and setting it back down.

Cool Down:	Kids Cool Down: https://youtu.be/AB1Go5Kpp9k?t=176
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ◦ What was the hardest toss for you? What was the easiest? • 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 with Fabio's MeatBall Rub: https://family.gonoodle.com/activities/fabios-meatball-run
Activity:	<p>Get your students heart rate up in their living room with this fun workout from Class FitSugar host Anna Renderer. Featuring cardio moves that feel like games and challenges where the winner gets prizes — like choosing what's for dinner — this workout is the perfect way for the family to get active together.</p> <ul style="list-style-type: none"> • https://youtu.be/5if4cjO5nxo?t=43 <p>Now, have the kids sing and dance to this Go, Slow, Whoa exercise dance. This song from Hip Hop Public Health allows you to be creative and move and dance around and follow the cues on the music. Its just music, but you can groove to the beat, and choose leaders to do moves, or you can lead it yourself. All while learning about Go, Slow, Whoa foods.</p> <ul style="list-style-type: none"> • Go, Slow, Whoa Song
Cool Down:	Pick three poses from this Yoga Deck and hold each for 30-seconds.
Assessment:	<p>Suggestions:</p> <ul style="list-style-type: none"> • What is the difference between the first activity that we did (cardio) and the second (yoga)? How did it make you feel? • 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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