

Virtual Physical Education Lessons Grades 3-5

Week 29

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 exercising with yoga and fitness cardio 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 3-5) | |
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| Warm-up: | <p>Make sure that you have a safe place around you both at home or if you are at school.</p> <ul style="list-style-type: none"> Follow along to this PE Warm-up of Versus <ul style="list-style-type: none"> YouTube: https://youtu.be/Z2nhT4sapVw (4:28 minutes) VideoLink: https://video.link/w/FPhoc |
| Activity: | <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"> Would you Rather Activity (10 minutes) <p>Next, get some strength in the legs by participating in a short squat workout. (3 minutes)</p> <ul style="list-style-type: none"> Bring Sally Up <ul style="list-style-type: none"> https://dshines.info/3dPsGsH (3:30 minutes) <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"> https://dshines.info/3sKIPVG (3 minutes) If repeated 6 minutes |
| Cool Down: | <p>Finish the day with this breathing exercise. Have students breath along with the directions.</p> <ul style="list-style-type: none"> YouTube: https://youtu.be/O5AKiyB-mr8 (1:05 minutes) VideoLink: https://video.link/w/0Shoc |
| Assessment: | <p>Suggestions:</p> <ul style="list-style-type: none"> Exit Slip <ul style="list-style-type: none"> Think about how you can stay active with your family during Ramadan. How did you do last week with your goal? Write down a goal of how you are going to meet your 60 minutes. Check out this Activity Tracker 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. |
| Daily PA: | <p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their April DEAM Calendar.</p> |

| Lesson #2 (Grades 3-5) | |
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| Warm-up: | <p>Warm-Up with PE Bowman and their Lava Leap Activity</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/Dp8_562VM2I (8:53 Minutes) • Videolink: https://video.link/w/ZvAlc |
| Activity: | <p>This week we are going to do a series of exercises and this or that/would you rather activities.</p> <p>Basketball Would you Rather</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/5j3flFKTso0 (8 minutes) • VideoLink: https://video.link/w/EVhoc <p>Spot it Activity</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/WK3-ZLWt4Bk (6 minutes) • VideoLink: https://video.link/w/FXhoc |
| Cool Down: | <p>Check out this count up relaxation routine to finish up the day:</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/Vr7HCtRw9U8 (3 minute) • VideoLink: https://youtu.be/Vr7HCtRw9U8 |
| Assessment: | <p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip: <ul style="list-style-type: none"> ○ Reflect on the activity that you and your family have done this week. Have you met the goal of 60 minutes a day? If not, brainstorm how you might be able to add physical activity to your day. ○ Check out this Activity Tracker 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. |
| Daily PA: | <p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their April DEAM Calendar.</p> |

| Lesson #3 Bonus Activity (Grades 3-5) | |
|---------------------------------------|---|
| Warm-up: | <ul style="list-style-type: none"> • Warmup is in the yoga videos below |
| Activity: | <p>Today we are going to participate in chair Yoga with Yoga Ed.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/Wc3v9H7DDRY (15 minutes) • VideoLink: https://video.link/w/Zaioc <p>Here is a second lesson in-case you have extra time.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/_DUSlz3u_qg (9 minutes) • Videolink: https://video.link/w/dcioc |
| Cool Down: | <p>Participate in some additional breathing to get the students attention back to class.</p> <ul style="list-style-type: none"> • YouTube: https://youtu.be/mcdNPcG88Qk (4:30 minutes) • VideoLink: https://video.link/w/w2A1c |
| Assessment: | <p>Suggestions:</p> <ul style="list-style-type: none"> • Exit Slip <ul style="list-style-type: none"> ◦ What is one thing that you can do this weekend to stay active. • Check out this Activity Tracker 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. |
| Daily PA: | <p>Our friends at OPEN PE have made it easy for you to get daily physical activity with their April DEAM Calendar.</p> |