

Virtual Physical Education Lessons Grades 6-8

Week 24

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 better understand heart rate and the different types of workouts that accompany various heart rate levels
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)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. - Depending on how much time you have, you can add this to the beginning of the workout. This will add an additional 5 minutes - Yoga Warm-Up # 2. - Inhale to forward fold (5 reps) - Plank Hold - Twist to Right Plank (3 reps) - Twist to Left Plank (3 reps) - YouTube: https://youtu.be/IEPBglVO_8Q - VideoLink (no ads): https://video.link/w/qG78b
Activity:	Today we are going to participate in a yoga workout from YogaEd - YouTube: https://youtu.be/WiunRtHBdnA (38 minutes) - VideoLink: https://video.link/w/1nubc This has cooldown and relaxation built into it.
Cool Down:	See above for the cooldown included in the yoga video.
Assessment:	- Exit Slip - What did you enjoy about this lesson? What did you like the least? What is one muscle that you worked today and what was the name of the exercise that you did to work that particular muscle. - 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 March DEAM Calendar.

Lesson #2 (Grades 6-8)	
Warm-up:	Warm-up with this fun St. Patrick's Day Trivia. • https://youtu.be/XJceKjudr98 (5:54 minutes) • https://video.link/w/g4tbc (5:54 minutes)
Activity:	Today, we are going to do a series of fun St. Patrick's day activities. Begin with this Would you Rather Shamrock addition. • YouTube: https://youtu.be/m0stJwvCgZo (11:39 Minutes) • VideoLink: https://video.link/w/t5tbc Next, check out this Among Us St. Patrick's themed activity • YouTube: https://youtu.be/CyjGragPorY (8:50 minutes) • VideoLink: https://video.link/w/z7tbc (8:50 minutes) Finally, finish up with a St. Paddy's Day This or That • YouTube: https://youtu.be/9JsDWLrD9OE (8 minutes) • VideoLink: https://video.link/w/sBtbc
Cool Down:	Cool down with this St. Patricks Day cooldown and yoga • YouTube: https://youtu.be/nZvZeua-chw (5 minutes) • VideoLink: https://video.link/w/yDtbc
Assessment:	Suggestions: • Exit Slip ○ How can you stay physically active at home this week? • 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 (Grades 6-8)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. • Use this quick workout from Les Mills ◦ https://youtu.be/0skunYNQdhl (4 minutes)
Activity:	Today we are going to do a full body HITT workout. There is no equipment needed for the workout. • YouTube: https://youtu.be/s5RMxHNNyBw (23 minutes) • VideoLink: https://video.link/w/L5JTb Here is a link to the generic heart rate tracker worksheet
Cool Down:	End the day with a one minute breathing exercise - Core Breath. • YouTube: https://youtu.be/RsgRf_Ly6XM (1 minute) • VideoLink: https://video.link/w/F6JTb
Assessment:	Suggestions: • Exit Slip: ◦ Have the students reflect on their workout and how they felt in relation to where their HR is. • 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 #4 (Grades 6-8)	
Warm-up:	First, before starting every lesson make sure that you tell your students the area around you is safe for physical activity. ● Use Yoga workout #3 to warm-up your muscles before our Yoga lesson today ○ YouTube: https://youtu.be/XOzHfuHD8NE (5 minutes) ○ VideoLink: https://video.link/w/hVkpB ○ Wide knee-Childs pose (3-5 breaths) ○ Cat-cow (5 reps) ○ Downward Dog-pedal heels (10 heel pedals) Depending on the length of your class, you could skip this and go right into the activities below.
Activity:	Today we are going to begin with a nice workout from Yoga Ed. The first lesson is called yoga for runners. This is a great workout, and doesn't have to be for runners. YouTube: https://youtu.be/n-qqQLx3YQE (14 minutes) VideoLink: https://video.link/w/Y2JTb This second lesson is 18 minutes and it is about practicing Yoga focus. YouTube: https://youtu.be/SqqkY-HGt6M (18 minutes) VideoLink: https://video.link/w/X3JTb
Cool Down:	● The cooldown is part of the video above.
Assessment:	○ Exit Slip ■ Thinking about your yoga experiences how can it help you with what you are going through in your life? When do you find it most important to practice yoga that you have learned. ○ 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 #5 (Grades 6-8)	
Warm-up:	Today use a new DSHINES warm-up to start your blood flowing. Follow along with PE workout #9. • PE Warm-Up #9 (3:13 minutes) • YouTube: https://youtu.be/9hRd-EmcAlQ • VideoLink: https://video.link/w/sqHJb
Activity:	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. Using the Darbee fitness workout sheets, students will do a challenging but good fitness routine. There are four worksheets that are attached. 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. • Darbee workout Stronger Today • Darbee workout Stand Tall • Darbee workout Hall of Fame • Darbee workout Cardio Circuit • Darbee workout Keeper • Darbee workout Low Impact Here is a link to the generic heart rate tracker worksheet to help your students keep track of their heart rate throughout the workout.
Cool Down:	Cool Down • Cool down with a Darbee Fitness Follow-Up workout (Teacher or student leads this cooldown)
Assessment:	• Exit Slip ○ Have the students write about what type of workout they like the best and then describe why they like it. They need to provide specific examples of how it makes them feel, maybe results that they see when they follow it, etc. ○ 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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