

## Instructions/Daily Overview High School Physical Education

### General Instructions for Parents- [Tips for Parents](#)

Please enjoy these activities with your children as they are designed to provide some physical activity during the day. (Please note it is recommended that all activities be performed inside and honor the social distancing guidelines from the Center for Disease Control).

#### Follow instructional sequence-

- a. Warm-up- Click on link under Student Activities
- b. Daily Fitness Activity- Click on link under Student Activities
- c. Mindfulness- Click on link under Student Activities

Subject/Lesson Topic Physical Education	Instructions	Student Activities	Modifications
<p><b>Day 1-2</b> <b><u>Lesson Focus</u></b> I can keep an active lifestyle while staying at home from school.</p> <p><b><u>Academic Language</u></b> <b>ACTIVE LIFESTYLE</b> A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Click the corresponding link.</p> <p><b>Mindfulness-</b> Learn some Tia Chi Perform Ju Fu Card 1. Practice this video 2X.</p>	<p><a href="#">Darebee.com Rookie</a></p> <p><a href="#">Choose 1 No-Equipment Workout</a></p> <p><a href="#">Ju Fu Kata (Jigsaw #1)</a></p>	<p>Complete Level 1 only Wall or chair for balance with lunges</p> <p>If you don't know how to do one of the exercises, pick your favorite exercise and substitute it. Remember to have fun and do your best.</p> <p>Wall/chair for balance on one foot</p>
<p><b>Day 3-4</b> <b><u>Lesson focus</u></b> I can develop my personal fitness by staying active for 60 minutes each day.</p> <p><b><u>Academic Language</u></b> <b>FITNESS</b> The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Click the corresponding link.</p> <p><b>Mindfulness-</b> Learn some Tia Chi Perform Ju Fu Card 2. Practice this video 2X.</p>	<p><a href="#">Darebee.com Rookie</a></p> <p><a href="#">Choose 1 No-Equipment Workout</a></p> <p><a href="#">Ju Fu Kata (Jigsaw #2)</a></p>	<p>Complete Level 1 only Hold onto counter/adult/chair for lunges if needed</p> <p>If you don't know how to do one of the exercises, pick your favorite exercise and substitute it. Remember to have fun and do your best.</p> <p>No modifications necessary</p>

Subject/Lesson Topic Physical Education	Instructions	Student Activities	Modifications (TBD)
<p><b>Day 5-6</b> <b><u>Lesson focus</u></b> I can develop my cardiorespiratory endurance at home.</p> <p><b><u>Academic Language</u></b> <b>CARDIORESPIRATORY ENDURANCE</b> The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Click the corresponding link.</p> <p><b>Mindfulness-</b> Learn some Tia Chi Perform Ju Fu Card 3. Practice this video 2X.</p>	<p><a href="#">Darebee.com Rookie</a></p> <p><a href="#">Choose 1 No-Equipment Workout</a></p> <p><a href="#">Ju Fu Kata (Jigsaw #3)</a></p>	<p>Do ½ the amount of each exercise (ex. 5 step jacks instead of 10) complete the circuit 1-2 times.</p> <p>Pick your favorite exercise and try it. Remember to have fun and do your best.</p> <p>No modifications necessary</p>
<p><b>Day 7-8</b> <b><u>Lesson focus</u></b> I can develop my muscular strength at home to improve overall fitness.</p> <p><b><u>Academic Language</u></b> <b>MUSCULAR STRENGTH</b> The maximum amount of force a muscle can produce in a single effort.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Click the corresponding link.</p> <p><b>Mindfulness-</b> Learn some Tia Chi Perform Ju Fu Card 4. Practice this video 2X.</p>	<p><a href="#">Darebee.com Rookie</a></p> <p><a href="#">Choose 1 No-Equipment Workout</a></p> <p><a href="#">Ju Fu Kata (Jigsaw #4)</a></p>	<p>Do ½ the amount of each exercise (ex. 2 lunges instead of 4) complete the circuit 2-3 times.</p> <p>Pick your second favorite exercise and try it. Remember to have fun and do your best.</p> <p>No modifications necessary</p>
<p><b>Day 9-10</b> <b><u>Lesson focus</u></b> I can flex and extend my muscles to improve my overall fitness.</p> <p><b><u>Academic Language</u></b> <b>DYNAMIC STRETCHING</b> An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Choose one activity per day.</p> <p><b>Mindfulness-</b> Learn some Tia Chi Perform Ju Fu Full Video. Practice 2X.</p>	<p><a href="#">Darebee.com Rookie</a></p> <p><a href="#">Choose 1 No-Equipment Workout</a></p> <p><a href="#">Ju Fu Kata (Full Video)</a></p>	<p>Choose 3/9 exercises. Perform each exercise 2X to the best of your ability.</p> <p>Do 10 push-ups (modify if necessary by doing knee push-ups) Do 20 sit-ups either independently or with a partner who can assist by holding feet and wrists.</p> <p>No modifications necessary</p>

Subject/Lesson Topic Physical Education	Instructions	Student Activities	Modifications (TBD)
<p><b>Day 11-12</b> <b><u>Lesson focus</u></b> I can keep an active lifestyle while staying at home from school.</p> <p><b><u>Academic Language</u></b> <b>COORDINATION</b> The ability to synchronize or combine the movements of several parts of the body.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Click the corresponding link.</p> <p><b>Mindfulness-</b> Click the corresponding link.</p>	<p><a href="#">Burn Off (Darebee)</a></p> <p><a href="#">1-Min Cardio (Darebee)</a></p> <p><a href="#">Relax 5-Min Guide (2bpresent)</a></p>	<p>If needed do ½ the amount of each exercise (ex. 5 high knees instead of 10) and try and complete the circuit at least 1-3 times if you can.</p> <p>If you don't know how to do one of the 30 exercises, pick your favorite exercise and substitute it. Remember to have fun and do your best.</p> <p>No modifications necessary</p>
<p><b>Day 13-14</b> <b><u>Lesson focus</u></b> I can develop my personal fitness by staying active for 60 minutes each day.</p> <p><b><u>Academic Language</u></b> <b>EFFORT</b> The amount of determination or exertion used to accomplish a goal.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Choose one activity per day.</p> <p><b>Mindfulness-</b> Click the corresponding link.</p>	<p><a href="#">The Extra Mile (Darebee)</a></p> <p><a href="#">1-Min Cardio (Darebee)</a></p> <p><a href="#">7-11 Breathing (2bpresent)</a></p>	<p>Perform 3-5 sets of the program. High knees and butt kicks may be performed at walking speed and in place</p> <p>If you don't know how to do one of the 30 exercises, pick your favorite exercise and substitute it. Remember to have fun and do your best.</p> <p>Sit in a relaxed position. Put on calming sounds or music. Breath in through your nose and out through your mouth for 2 minutes</p>
<p><b>Day 15-16</b> <b><u>Lesson focus</u></b> I can develop my cardiorespiratory endurance at home.</p> <p><b><u>Academic Language</u></b> <b>CONTROL</b> To manage or regulate the movement or actions of something.</p>	<p><b>Warm up-</b> Click the corresponding link.</p> <p><b>Daily Fitness Activity-</b> Choose one activity per day.</p> <p><b>Mindfulness-</b> Click the corresponding link.</p>	<p><a href="#">Rascal (Darebee)</a></p> <p><a href="#">1-Min Cardio (Darebee)</a></p> <p><a href="#">Relax 5-Min Guide (2bpresent)</a></p>	<p>3 sets of 10 x march in place, and 5 jumps in place</p> <p>Pick your favorite and perform for 60 seconds</p> <p>No modifications necessary</p>