

Virtual Physical Education Lessons Grades K-2

Week 4

Learning goals for this week:

1. I can dribble a ball in self-space.
2. I can kick accuracy to a target with my soccer skills.
3. I can control the ball using only my feet.
4. 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:	Warm Up With GoNoodle and NFL Play 60
Activity:	Soccer/ Kicking Students will need a ball of some sort. If they don't have a ball they will need something that will roll or a stuffed animal. Kicking in self space • Introduce the ball to the students and how you want to contact the ball on your foot • Talk about the rule of no hands in soccer, only feet • Have the students use the inside of the feet to try and tap the ball back and forth in a small space Then have them work on hitting a target • Tell them to choose a spot on the wall, against a couch/chair, or something. Make sure nothing is breakable. Then lightly kick the ball to hit the target. If they have toilet paper rolls or cones they could try to kick to a smaller target Moving while dribbling • Now students can work on dribbling to a location and back. Have them pick a point in their house, dribble to it and come back to the screen. ○ Do challenges, how fast can they get back? ○ How many touches can they get it? Juggling • Teach them how to try and hit the ball with their feet in the air. Keep the ball in the air without using hands or another body part. Keep the ball below their head and under control. Older students (2nd graders) might be able to participate in a modified version of the 3-5 lesson and handout.
Cool Down:	• Let's Unwind with GoNoodle (~3:30min)
Assessment:	Suggestions: • Exit Slip ○ What do you like about soccer? What can you practice at home this week in relation to soccer? • 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 October DEAM calendar .

Lesson #2 (Grades K-2)	
Warm-up:	Warm-up to Dem Bones by the learning station
Activity:	1. Mike the Cosmic Space Monkey Yoga with Cosmic Kids Yoga (Duration: 10:58) ○ https://www.youtube.com/watch?v=LZAaZDVqCiA ○ This is a child friendly yoga video to stretch the body. 2. ABC Workout of the Day ● Practice word recognition with a fun and engaging activity. ● Have your students choose a list of 3-5 words they would like to spell. It could be Halloween themed OR it could be about something that you want them to learn about this week, such as MyPlate (see family nutrition lesson). ● Once you have the words chosen have them spell the words using the letter movements listed and modeled on the ABC Workout of the Day Handout. ○ The words on this handout are clickable and linked to individual videos if the students are doing it on their own
Cool Down:	Pick four poses from this Yoga Deck and hold each for 30-seconds.
Assessment:	Suggestions: ● Exit Slip ○ What was one activity with the scarf that you thought you could do well, and what was one thing that you need more practice on? ● In-person learners can use this 'Thumbs Up' exit slip. ● 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 October DEAM calendar .

Lesson #3 Bonus Activity (Grades K-2)	
Warm-up:	100M Sprint Olympic Tutorial by GoNoodle
Activity:	Today we are going to begin our day by going on a mission with The Incredibles. Then we can do a little yoga stretch to calm our bodies and finish with some relaxation and anxiety relieving tips. 1. The Incredibles, Get Moving with Disney (Duration: 10:14) - o https://www.youtube.com/watch?v=sJGZoEXboRQ - o Do you have a superhero lover in your family? Take your child(ren) through this workout video where they can be an Incredible! 2. Mike the Cosmic Space Monkey Yoga with Cosmic Kids Yoga (Duration: 10:58) - o https://www.youtube.com/watch?v=LZAaZDVqCiA - o This is a child friendly yoga video to stretch the body.
Cool Down:	Melting , from GoNoodle
Assessment:	Suggestions: • What is your favorite type of activity? What activities are you going to try and do over the weekend with your family? • 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 October DEAM calendar .