

Grade 5

Distance Learning Module 5 – Week of April 27th – May 1st

Physical Education: Cardio Exercises

Targeted Goals from Stage 1: Apply knowledge of movement and creativity into fitness activities

Content Knowledge: Find creative ways to engage in a health-enhancing level of physical activity

Vocabulary: Stretching, Mobility, Pace, Locomotor movement

Skills: Locomotor movement activities, spatial awareness

Expectation: For the week, students are expected to complete 3 fitness activities using a variety of locomotor movements

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Students will make an indoor or outdoor obstacle course	Use safe objects around house/yard	
Tuesday:		
Wednesday: Students will set up different movement races	Children will find a safe open area to have races Races include: skipping, running and jumping, galloping	
Thursday:		
Friday: Students will set up for animal races	Children will find a safe open area to have races Look online at demonstrations of animal movements you wish to try and try to perform like the demonstrator in the videos you view.	Respond to Exit Ticket Here

Week criteria for success (attach student checklists or rubrics): What do you need to do to be able to race correctly (steps/cues)

- Create a start and finish line
- Find a safe area to have the races
- Use appropriate protective equipment if necessary

Supportive resources and tutorials for the week (plans for re-teaching):