

Grades 4-5

Distance Learning Module 6: Week of May 11<sup>th</sup> – May 15<sup>th</sup>

## Physical Education –Grade 5 - Fitness

**Targeted Goals from Stage 1:** Students will engage in activities to Increase their heart rate and improve their cardiovascular and muscular endurance.

**Content Knowledge:** Movements that put a healthy demand on the heart and lungs to pump oxygenated blood to the working muscles during exercise.

**Vocabulary:** Cardio, Heart rate, Calories

**Expectation:** For the week, students are expected to complete 3 activities that will increase their heart rate and improve cardiovascular fitness.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Students will form a circle and play a game called freeze dance	Open area and music  This is game is played like musical chairs expect you will stop dancing when the music stops	
Tuesday:		
Wednesday: Students will do push-ups while eating popcorn  Do your push-ups till you get a popcorn,stop chew first, then do another push-up	You will need popcorn  For every push-up you can eat a piece of popcorn (warning: do not attempt push-ups while still chewing/eating)	
Thursday:		
Friday: Students will make exercise cards and take turns exercising with a family member	Students write 15 exercises on cards then shuffle the cards and pick a card. Student then performs the exercise on the card for as many repetitions as possible. Then the student can choose a new card. Play continues until each player has completed 5-10 different exercises	Respond to Exit Ticket Here

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

- Use proper technique (research to learn about exercises on YouTube if you are not sure about proper technique)
- Make sure an adult supervises activity

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