

Grade 5

Distance Learning Module 4: Week of: 4/20<sup>th</sup> - 4/24<sup>th</sup>

## Content Area: Physical Education - *Fitness Unit*

### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Students will engage in exercises that require muscular endurance in large muscle groups of the body. Students will create routines and sequences of exercises that test their muscular endurance.

**Vocabulary:** Muscular endurance

**\*\*If your muscles have to contract the same way more than one time, you are using muscular endurance. Muscular endurance is the ability of a muscle to exert force against resistance over time.**

**Skills:** Students will regularly perform muscular endurance exercises of their choice in a sequence in which they choose. Students will gain an understanding of the characteristics/similarities between different muscular endurance movements

Expectation: Familiarize oneself with proper technique of movements that enhance muscular endurance.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<b>Monday:</b> Choose <b>any sequence</b> of five squares from the Matrix to perform your own routine/sequence of exercises.	Fitness Move Matrix	
Tuesday		
<b>Wednesday:</b> Choose a <b>new/different</b> sequence of five squares from the matrix to perform your own routine/sequence of exercises.	Fitness Move Matrix	
Thursday		
<b>Friday:</b> Choose a <b>new/different</b> combination of five squares from the matrix to perform your own	Fitness Move Matrix	Respond to Exit Ticket here

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
routine/sequence of exercises.		

**Week criteria for success** (attach student checklists or rubrics):

Reflection questions/Exit Ticket via Google Forms

Use proper technique when performing movements and ensure that you have enough personal space

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