

Grade 4

Distance Learning Module 3: Week of: 4/13/20 - 4/17/20

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

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

****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.**

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)
Monday: Choose <u>any sequence</u> of five squares from the Matrix to perform your own routine/sequence of exercises.	<u>Fitness Move Matrix</u>	
Tuesday		
Wednesday: Choose a <u>new/different</u> sequence of five squares from the matrix to perform your own routine/sequence of exercises.	<u>Fitness Move Matrix</u>	
Thursday		
Friday: Choose a <u>new/different</u> combination of five squares from the matrix to perform your own routine/sequence of exercises.	<u>Fitness Move Matrix</u>	<u>Respond to Exit Ticket here</u>

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