

Grade 5

Distance Learning Module 9: Week of: 6/1/2020-6/5/2020

## Grade 5 Physical Education - *Modified from Fitness Unit*

### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Students will engage in cardiovascular activity three times over the course of a week and track their progress over time/record their scores for each attempt.

**Vocabulary:** Cardiorespiratory endurance, pace

**Skills:** Apply knowledge of the PACER test correctly in order to get accurate cardio fitness data for yourself.

**Expectation:** Follow the rules of the PACER Test, record your scores each time you perform, identify any patterns and/or improvements in your scores for the week.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<b>Monday:</b> On your driveway or in your yard, make two lines or marks 20 meters apart. These will serve as the lines you will run to and from (back and forth) to do the PACER Test. You are allowed only two mistakes (which are deducted from your score at the end of your test). Stop when you feel you're too tired to continue or if you are not making it to the mark/line before the beep on the recording	PACER Test Recording	
<b>Wednesday:</b> On your driveway or in your yard, make two lines or marks 20 meters apart. These will serve as the lines you will run to and from (back and forth) to do the PACER Test. You are allowed only two mistakes (which are deducted from your score at the end of your test). Stop when you feel you're too tired to continue or if you are not making it to the mark/line before the beep on the recording	PACER Test Recording	

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<b>Friday:</b> On your driveway or in your yard, make two lines or marks 20 meters apart. These will serve as the lines you will run to and from (back and forth) to do the PACER Test. You are allowed only two mistakes (which are deducted from your score at the end of your test). Stop when you feel you're too tired to continue or if you are not making it to the mark/line before the beep on the recording	PACER Test Recording	Exit Ticket

**Weekly criteria for success** (attach student checklists or rubrics): inhale through the nose/exhale through the mouth, upright posture while running, use your inhaler before/after if you need to, relax your hands/arms/shoulders as you run. (wear comfortable and supportive sneakers)

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