

Physical Education – Elementary School

Standards	Standard 3: The physically literate individual achieves and maintains a health enhancing level of physical activity and fitness
Learning Targets/I Can Statements	<p>Kindergarten - I can engage in a variety of physical activities during leisure time (for example, t-ball, riding a bicycle, tag, hide-and-seek).</p> <p>1st and 2nd Grades – I can participate regularly in moderate-to-vigorous physical activity in and outside of physical education class (for example, climbing on the rock wall or playground equipment during recess, riding a bicycle, playing little league baseball, playing in the park).</p> <p>3rd – 5th Grades – I can select and participate in physical activities that develop and appropriately maintain each of the five components of health-related physical fitness (for example, jogging to increase aerobic capacity).</p>
Essential Question(s)	Do I exercise enough to improve my health?
Resources	Fitness Log
Learning Activities or Experiences	<p>The student will create and participate in their own individualized fitness plan at least 3 times a week.</p> <p>The workout will include the following fitness components:</p> <p>20 minutes Cardiovascular – examples: dance, walking, jogging, biking, steps, treadmill, elliptical</p> <p>15 minutes Muscular endurance – examples: plank, push-up, curl-up, wall sits, tricep dips, squats, lunges</p> <p>10 minutes Flexibility – examples: stretching, yoga, pilates</p>

Home Fitness Log

Name _____ School _____

Teacher _____ Week of _____

Activity #1 - FLEXIBILITY -5 Minutes Participate and explain the activities you performed.		
Day 1 Date _____	Day 2 Date _____	Day 3 Date _____
Activity #2 - MUSCULAR ENDURANCE -15 Minutes. List the activities and count the reps of each		
Day 1 Date _____	Day 2 Date _____	Day 3 Date _____
Activity #3 - CARDIOVASCULAR ENDURANCE -20 Consecutive Minutes Participate and explain the activity performed		
Day 1 Date _____	Day 2 Date _____	Day 3 Date _____
Activity #4 - FLEXIBILITY -5 Minutes Participate and explain the activities you performed.		
Day 1 Date _____	Day 2 Date _____	Day 3 Date _____

SIGNATURE OF ADULT IN CHARGE _____

PHONE NUMBER _____

Name _____

Teacher _____

Physical Education at Home Bingo

<u>Potpourri</u>	<u>Motor domain</u>	<u>Fitness domain</u>	<u>Affective domain</u>	<u>Cognitive domain</u>
Do 12 Jumping Jacks during a commercial break for an entire tv show	Volley a balloon in personal space without letting it hit ground	Do a Two minute dance party	Talk to a relative about sportsmanship	Invent a game to play with strategies
Write down your entire meal plan for at least one day	Throw a ball with a friend for 10 minutes	Find a flight of stairs and walk it 3 times	Research a basketball player and find interesting life story	Create a dance to your favorite song
Watch an episode of Cosmic Kids on Youtube	Dribble a soccer ball for 10 minutes	Free Play a Game!	Call a classmate on the phone to check in	Dribble a basketball and practice counting in Spanish
Find an app that requires exercise	Swing a bat at a stationary ball and hit for distance in an open area	Jump rope 40 seconds and rest for 20 seconds (3 times)	Volunteer to help someone in a completely random action	Use math to count ounces of water consumed in a day
Watch an episode of Cosmic Kids on Youtube	Bowl a ball at objects to knock down	Use your body to balance on various body parts while a commercial is on tv	Find a friend and develop a brand new game involving no equipment, the game must have a scoreboard	Go on a walk for 30 minutes and locate a rock, animal, and a plant during your walk