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| **Physical Education****By the end of the week, May 21, 2021, your child should be proficient at the following standards:****Physical Education Standards and Outcomes:*** **S3.M2 –** Participates in select physical activity outside of physical education class (5th - 8th Gr.)
* **S3.M4** – Participates in a variety of endurance, strengthening, and flexibility activities (5th - 8th Gr.)
* **S3.M7 -** Identifies the components of fitness (5th & 6th Gr.)
* **S3.M9** - Employs correct technique and method of stretching (5th - 6th Gr.)
* **S3. M9** - Demonstrates a variety of dynamic and static stretching techniques for all major muscles (7th & 8th Gr.)
* **S3.M14** - Identifies major muscles used in select physical activities (5th & 8th Gr.)
* **S3.M14 -** Explains how muscles work in pairs and body systems interact withone another (7th - 8thGr.)

**Social-Emotional Standard:*** **1A.3b** – Apply strategies to manage stress and motivate success

**By the end of the week, May 21, 2021**our child should:* Be able to identify muscles used during P.A. (5th - 8th Gr.)
* Be able to explain the purpose and main characteristics of the muscular system and how it works withother systems in the body (7th - 8th)
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| **You will know your child this week’s goal if:** | **Materials and/or Learning sites your child will need:** | **If your child can do this week’s goals here are some additional resources:** | **If your child is not able to meet this week’s goal here are some additional resources:** |
| * Your chld will be able to identify the major muscles used during P.A. (5th/6th)
* Your child can name and identify the location in the body of some of the major muscles. (7th/8th)
 | * Computer w/internet
* Proper space to move and exercise
* Water & towel optional
 | 5th/6th<https://www.youtube.com/watch?v=oLiJCGfcdZA>7th/8th<https://www.youtube.com/watch?v=58gI3jXNnPI> | 5th/6th<https://www.youtube.com/watch?v=rc3ZDoheMQs>7th/8th<https://www.youtube.com/watch?v=FqaYc-ZOMVc>[https://www.youtube.com/watch?v=dkFRlBka9G](https://www.youtube.com/watch?v=dkFRlBka9Gs) |
| **Monday 5/17** | **Tuesday 5/18** | **Wednesday 5/19** | **Thursday 5/20** | **Friday 5/21** |
| * The teacher will welcome students back to Physical Education and outline the next 5 weeks of the quarter
* The teacher will begin by seeing if students can name any of the muscles in the body with a short quiz.
* <https://www.youtube.com/watch?v=EnxWJWjtfkw>
* The teacher will then discuss with students in 5th & 6th grade students the major muscles in the body
* <https://www.youtube.com/watch?v=58gI3jXNnPI>
* The teacher will discuss with 7th & 8th grade students the purpose and major characteristic of the muscular system.
* <https://www.youtube.com/watch?v=rMcg9YzNSEs>
 | * Students will participate in a dynamic warm-up.
* Students will participate in a workout focused to strengthen the muscles in the core
* Students will participate in a static cool-down routine to end the workout.
 | * Students will participate in a dynamic warm-up.
* Students will participate in a workout focused to strengthen the muscles in the upper body.
* Students will participate in a static cool-down routine to end the workout.
 | * Students will participate in a dynamic warm-up.
* Students will participate in a workout focused to strengthen the muscles in the lower body.
* Students will participate in a static cool-down routine to end the workout.
 | * Students will participate in a dynamic warm-up.
* Students will participate in a fun cardio walking workout.
* Students will participate in a static cool-down routine to end the workout.
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