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| **Physical Education****By the end of the week, May 14, 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.M16** - Design and implement a program to improve fitness levels (7th - 8thGr.)

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

**By the end of the week, May 14, 2021**our child should:* Be able to identify muscles used during P.A. and exercise (5th - 8th Gr.)
* Be able to begin designing a program for themselves to improve their fitness goals. (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 and label the major muscles of the human body. (5th/6th)
* Your child can design and implement a workout program to improve their overall fitness. (7th/8th)
 | * Computer w/internet
* Proper space to move and exercise
* Water & towel optional
 | 5th/6th<https://www.youtube.com/watch?v=QBxKlqGgb8o>7th/8th<https://www.youtube.com/watch?v=6pKhfK_g5O0> | 5th/6th<https://www.youtube.com/watch?v=58gI3jXNnPI>7th/8th<https://www.youtube.com/watch?v=5iHQDUvR_vc> |
| **Monday 5/10** | **Tuesday 5/11** | **Wednesday 5/12** | **Thursday 5/13** | **Friday 5/14** |
| * In 5th & 6th grade the class will review the major muscles and then discuss exercises to develop these muscles.
* <https://www.youtube.com/watch?v=A-B3GIPWH7g>
* In 7th & 8th grade students will discuss the creation of their 4 week workout plan based on their responses from the previous week’s assignment.
* <https://www.youtube.com/watch?v=A-B3GIPWH7g>
* The teacher will provide an example and a google doc as a template for 7th and 8th graders.
 | * 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, a walking workout, and a static cool-down.
* Students in 5th & 6th grade will be reminded to submit any missing assignment.
* Students in 7th & 7th grade are required to submit their 4 week workout plan to be graded,
* All students will be given their next exploratory class they will have for the next 5 weeks.
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