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| **Physical Education**  **By the end of the week, June 4, 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, June 4, 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) | | | | |
| **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=dkFRlBka9Gs>  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 5/31** | **Tuesday 6/1** | **Wednesday 6/2** | **Thursday 6/3** | **Friday 6/4** |
| MEMORIAL DAY  NO SCHOOL | * The teacher will review/discuss with 5th & 6th grade students the muscles in the lower body. * <https://www.youtube.com/watch?v=dkFRlBka9Gs> * The teacher will discuss with students in 7th & 8th grades key characteristics on how to begin planning out a workout routine. * <https://www.youtube.com/watch?v=5iHQDUvR_vc> * At the end of the week students in grade 5th & 6th will be assessed on identifying and labeling the muscles in the lower body. * At the end of the week 7th & 8th grade will complete an assignment where they must identify their fitness goals, activities or exercises to they achieve their goals and times and days they will be exercising. | * 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 in 5th & 6th grade will be tested on the muscles in the lower body. Students will be have to locate and label the muscles. * Students in 7th & 8th grade will complete an assignment where they must identify their fitness goals, what activities or exercises they will do to try and achieve their goals and times and days they will be exercising. |