

**Physical Education 10/02 - 10/06 Week 9**

**Activity** - 2nd-5th -First 3 minute timed Run/Jog/Walk. K&1st - Introduce Pulse/Heart Beat Review and continue dribbling, skipping galloping, jumping jacks, toe touches, arm circles. and jump roping. Review relays and Scooter Boards/relays.

**Warm-Up** - K-2nd, in squads, 3rd-5th in squads/and some written on board to do at their own pace. Amounts vary per grade/student as determined by the teacher to meet the student's individual needs and abilities.

**Vocabulary Words** - 4th & 5th -Jog, run, walk, slow, medium, fast, pace endurance, lap, tally and count. 2nd & 3rd - Jog, run, walk, fast, pace, count, lap, and tally. K & 1st - Scooter Board, stomach, knees, hand, wrist, feet, push, pull, and cone.

**Objectives** - Students will:

1. Complete the Warm-Up
2. Follow instructions, directions and safety rules
3. Take care and use equipment properly.
4. Use hand sanitizer
5. 2nd-5th - understand slow, medium, and fast.
6. 2nd-5th - count/tally laps correctly.
7. 2nd-5th - complete at least 6 laps in 3 minutes.
8. K-5th - skip, jump rope, dribble and do jumping jacks correctly.
9. K - 5th Continue to work on/improve Cardiovascular Endurance objective/goal.

**Indiana Academic Standards Covered:**

**K** - 1.1.A, 1.2.A, 1.3.A, 1.4.A, 1.5.A, 1.10.A, 1.16.A, 2.1.A, 2.1.B, 2.2.A, 2.1.A, 2.1.B, 2.2.A, 2.3.A, 3.1.A, 3.2.A, 3.3.A, 3.5.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.3.A, 5.4.A.

**1st** - 1.1.A, 1.2.A, 1.3.A, 1.4.A, 1.5.A, 1.6.A, 1.10.A, 1.16.A, 2.1.A, 2.2.A, 2.3.A, 3.1.A, 3.2.A, 3.3.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**2nd** - 1.1.A, 1.2.A, 1.3.A, 1.4.A, 1.5.A, 1.6.A, 1.10.A, 1.10.B, 1.16.A, 2.1.A, 2.2.A, 2.3.A, 3.2.A, 3.2.B, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**3rd** - 1.1.A, 1.2.A, 1.3.A, 1.4.A, 1.5.A, 1.6.A, 1.10.A, 1.16.A, 2.1.A, 2.2.A, 2.3.A, 3.1.B, 3.2.A, 3.3.B, 3.4.A, 4.1.A, 4.1.B, 4.2.A, 4.3.A, 4.3.B, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.

**4th** - 1.1.A, 1.1.B, 1.2.A, 1.5.A, 1.6.A, 1.10.A, 1.10.B, 1.16.A, 2.1.A, 2.1.C, 2.3.A, 3.1.A, 3.2.A, 3.3.B, 3.4.A, 3.4.B, 4.1.B, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A

**5th** - 1.1.A, 1.1.B, 1.2.A, 1.5.A, 1.6.A, 1.10.A, 1.16.A, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 3.3.B, 3.4.A, 3.4.B, 4.1.B, 4.1.C, 4.2.A, 4.3.A, 4.4.A, 4.5.A, 5.1.A, 5.2.A, 5.3.A, 5.4.A.