

Physical Education 8/21 - 8/25 Week 3

*****Have all students/classes bring their Chromebooks**

Activity - K-5th grade - Make sure all students have joined the PE Google Classroom. Help those who haven't joined join. Go over the Physical Education Google Classroom with students on the Smart TV. Go over procedures, rules, and expectations for E-Learning. If time, have a practice Google Meet with students. Also explain and go over this year's main Goal/Objective - To Improve Cardiovascular Endurance. If time, complete the Warm-Up.

Warm-Up - K & 1st led by Mrs. Pitts in squads, galloping, skipping, jogging, jumping/star jacks, and planks. 2nd - 5th written on board, students do independently at their own pace. Amounts vary per grade/student as determined by the teacher to meet students' individual needs and abilities.

Vocabulary Words - K-5th - E-Learning, Classwork, Stream, Google Meet, Assignment, and Mark as Done.

Objectives - students will:

1. Successfully complete the Warm-Up (if time permits).
2. Follow directions, instructions, and safety rules.
3. Accept individual differences.
4. Enjoy physical activity, and Physical Education class.
5. Begin working on Cardiovascular Endurance Goal/Objective.

Indiana Academic Standards Covered:

K - 1.1.A, 1.2.A, 1.4.A, 1.9.B, 1.10.A, 1.16.A, 2.1.A, 1.16.A, 2.1.A, 2.3.A, 2.3.A, 3.1.A, 3.2.A, 3.3.A, 3.5.A, 3.6.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.

1st - 1.1.A, 1.2.A, 1.4.A, 1.10.A, 1.16.A, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 3.3.A, 3.5.A, 3.6.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, 1.4.A, 1.10.A, 1.10.B, 2.1.A, 2.3.A, 3.1.A, 3.2.A, 3.5.A, 3.6.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.

3rd - 1.1.A, 1.2.A, 1.4.A, 1.10.A, 1.16.A, 2.1.A, 2.3.A, 3.1.B, 3.2.A, 3.3.B, 3.5.A, 3.6.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.

4th - 1.1.A, 1.2.A, 1.4.A, 1.10.A, 1.10.B, 1.16.A, 2.1.A, 2.3.A, 3.1.B, 3.2.A, 3.5.A, 3.6.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.

5th - 1.1.A, 1.2.A, 1.6.A, 1.9.B, 1.9.C, 1.10.A, 2.1.A, 2.3.A, 3.2.A, 3.5.A, 3.6.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.