

## **Physical Education    1/23 - 1/27    Week 23**

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

**Warm-Up** - K&1st, in squads, 2nd-5th written on board to do at their own pace. Amounts vary per grade/student and grade levels as determined by the teacher to meet the student's individual needs and abilities.

**Vocabulary Words** - 2nd - 5th -Jog, run, walk, slow, medium, fast, pace endurance, lap, tally and count. K & 1st - rhythm, walk, jog, run, skip, gallop,freeze/stop, Scooter Board, stomach, knees, hand, wrist, feet, push, pull, and cone.

**Objectives** - Students will:

1. Complete the Warm-Up .
2. Follow instructions, directions, safety rules, use equipment properly.
3. K-5th - understand slow, medium, and fast, and pulse.
4. 2nd-5th - count/tally laps correctly.
5. 2nd-5th - complete at least 7 laps in 3 minutes.
6. K-5th - skip, jump rope, dribble and do jumping jacks correctly.
7. Enjoy physical activity.
8. 2nd - 5th - Improve number of laps jogged during timed run from last test.
9. K &1st - continue to work on/improve Cardiovascular Endurance during Warm-Up/jogging.

### **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.