

German/Koorangi/Porter/Mccullers

Lesson Plans: April 6th-10


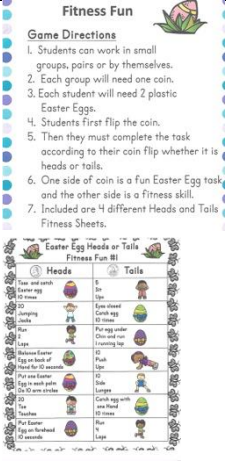
Objectives: Students will show aerobic cardiovascular endurance, muscular strength endurance, abdominal strength endurance, and flexibility.



LIM: Review Habit 1, 2, 3, 4, 5, and 6:

Alabama Standards:

- *Apply varied effort and pathways to running, jumping, and throwing.
- *Demonstrate safety rules for physical education activities, including games that require implements and tag games that have designated boundaries.
- *Demonstrate throwing, striking, and kicking skills by throwing overhand for distance and accuracy, striking with short and long implements, and kicking while approaching a moving object.
- *Demonstrate aerobic cardiovascular endurance, muscular strength endurance, abdominal strength endurance, and flexibility.
- *Demonstrate locomotor skills: Running, walking, jumping, hand eye coordination and balance
- *Display good sportsmanship and apply problem-solving and teamwork strategies to cooperatives.

	Materials/ Equipment	Whole Group	Small Group	Handouts/ Helpful Links
Monday Coach Porter	*Sidewalk Chalk *Painter's Tape *Measurements of the ladder for this video are 10 ft L by 20 inches W. There is a line every 12 inches to make a new square. **Measurements and materials can be configured to fit your needs**	Warm Up: Students will report to their paw print for attendance and stretching. - Students will perform a variety of static, dynamic, and ballistic stretches.	Agility Ladder Grades: K-5th Lesson Objective: Engage students in locomotor skills such as hopping, jumping, leaping, and skipping. *Bunny Hops Side to Side (3x)- Start to the Left of Ladder and hop with both feet to middle of 1st square and hop out with both feet landing to the Right of 1st square. Continue this pattern until you have climbed the ladder. *Out & In (3x)- Start with Both feet in 1st square and then jump out separating both feet outside the square (Left foot to left side and right foot to the right side) and continuing until reaching the top of the ladder. *Lateral/Linear Run (3x)- Turn sideways to ladder and start with Both feet in square 1. Begin by moving 1 foot out of square backwards	Coach Porters PE Lesson

			<p>followed by the other foot and then quickly move each foot into the next square until reaching the end of the ladder.</p> <p>*Twist Jumps (3x)- Starting to Left of ladder in 1st square place right foot in first square and left foot out (straddle the line) and jump/twist to split the next line. Jump/twist till you have reached the top of ladder.</p> <p>*Ladder Crawl going Lateral/Sideways (2x)- Begin in pushup position by placing both hands in first square. Move nearest hand to nearest square followed with the next hand. Continue this pattern until you have reached the top of the ladder.</p>	
<p>Tuesday</p> <p>Coach McCullers</p>	<p>*Will modify accordingly.</p>	<p>Warm Up: Students will report to their paw print for attendance and stretching.</p> <p>- Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>Outdoor Activity Safety!</p> <p>Being confined to your house/yard can be frustrating BUT there are still lots of fun activities that can be made up and accomplished through imaginative play through creatives games. This lesson will be about helpful tips to identify hazards that may be around your surroundings to help you have the maximum amount of fun with the least amount of possibility for harm.</p>	<p>Poison Perils of Alabama APP</p> 
<p>Wednesday</p> <p>Coach German</p>	<p>Coin Plastic Easter Egg (If you don't have an egg you can use a small ball.)</p> <p>*Will modify accordingly. I would love to see your pictures! Please email</p>	<p>Warm Up: Students will report to their paw print for attendance and stretching.</p> <p>- Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>*Easter Fitness Fun: 1. First flip a coin. 2. Then complete the task according to the coin flip whether it is heads or tails. Take turns with your sibling or parent.</p> <p>Heads:</p> <ol style="list-style-type: none"> 1. Toss and catch Easter egg 10 times. 2. 20 Jumping Jacks 3. Run 2 laps 4. Balance Easter Egg on the back of hand for 10 seconds 	<p>Fitness Fun</p> 

	<p>me at Raeann.geрман@acboe.net with permission to post to our Instagram page.</p>		<ol style="list-style-type: none"> Put one Easter Egg in the palm of your hand and do 10 Arm Circles 20 Toes Touches Put Easter Egg on Forehead for 10 sec. <p>Tails:</p> <ol style="list-style-type: none"> 5 Sit ups Eyes closed catch the Easter egg 10 times Put Easter egg under chin and run 1 lap 10 push-ups 10 side lunges Catch Easter egg with one hand 10 times Run 4 laps 	 <p>https://youtu.be/f1q5rBnAdXM</p>
<p>Thursday</p> <p>Coach K</p>	<p>Sidewalk Chalk Art</p> <p>*Will modify accordingly.</p>	<p>Warm Up: Students will report to their paw print for attendance and stretching.</p> <p>- Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>Sidewalk Chalk Art</p> <p>Grades: K-5th</p> <p>Lesson Plan</p> <p>Objectives: Development of the creative process by doing artistic drawings in a new way and development of fine and gross motor skills.</p> <p>Materials Needed: Sidewalk or outdoor chalk and lots of sidewalk.</p> <p>Lesson Procedure: Give the children the chalk and let them draw whatever they choose on the sidewalk. Challenge yourself to draw something that is fitness or sports related.</p> <p>I would love to see your pictures! Please email me Candace.Koorangi@achoe.net with permission to post to our Instagram page.</p>	 <p>https://youtu.be/omup-tApqL0</p>

Friday Free Choice	Free Choice	Warm Up: Students will report to their paw print for attendance and stretching. - Students will perform a variety of static, dynamic, and ballistic stretches.	K-5 th grade: Free Choice-There are a lot of ways be active! Ideas: Playing chase Jumping Rope Riding Bikes Skateboarding Playing basketball Walking the dog Playing hopscotch Riding your Scooter Jumping on the Trampoline Cleaning your Room Swimming in your pool	
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