German/Koorangi/Porter/Mccullers

Lesson Plans: April 13th-17th

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/	Whole Group	Small Group	Handouts/
	Equipment	_	-	Helpful Links
Monday	*Sidewalk	Warm Up:	Agility Ladder Grades: K-	
	Chalk *Painter's	Students will	5th Lesson Objective:	Coach Porter
Coach	Tape	report to their	Engage students in	Lesson Part 2
Porter	*Measurements	paw print for	locomotor skills such as	
	of the ladder for	attendance and	hopping, jumping, leaping,	
	this video are 10	stretching.	and skipping.	
	ft L by 20 inches	- Students will	*Bunny Hops Side to Side	
	W. There is a	perform a	(3x)- Start to the Left of	
	line every 12	variety of	Ladder and hop with both	
	inches to make a	static, dynamic,	feet to middle of 1st square	
	new square.	and ballistic	and hop out with both feet	
	**Measurement	stretches.	landing to the Right of 1st	
	s and materials		square. Continue this pattern	
	can be		until Coach Porter PE Part 2	
	configured to fit		you have climbed the ladder.	
	your needs**		*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	
			followed by the other foot	
			and then quickly move each	
			foot into the next square until	
			reaching the end of the	
			ladder.	
			*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.	
			*Ladder Crawl going	
			Lateral/Sideways (2x)-	
			Begin in pushup position by	
			placing both hands in first	
Tuesday	Ball:	Warm Up:	Hockey:	Hockey Drill
	Any kind of	Students will	This can be played indoors	<u>Activities</u>
Coach	play ball or even	report to their	or in your yard. The	
McCullers	some balled up	paw print for	equipment is limited to your	Hockey Skills
	paper	attendance and	imagination. You can play	<u>Practice</u>
	Hockey Stick:	stretching.	this with other people, your	
	Any kind of	- Students will	dogs, you parents and even	<u>USA Hockey</u>
	stick, broom or	perform a	brothers and sisters. This is a	<u>Teams</u>
	anything else	variety of	good rainy day activity to	Overcoming
	creative you can	static, dynamic,	fall back on. This activity	<u>Disabilities</u>
	think of	and ballistic	has no physical or mental	
	Goal:	stretches.	limitations.	Coach McCullers
	Bucket, Laundry			Hockey Lesson
	basket, ect			

Wednesday	"What's Your	- Students will	What's Your Name?	what's your name
	Name?" Sheets	perform a	Spell out your full name and	A largue 4-50 on 10 tass Note: 40 to 10 different of the second of the
Coach	that are at the	variety of	complete the activity listed	top on an bot 5 fines D with ademiny 30 maps and has best. D and he hoose Q and he d cab has cover of 10.
German	bottom of the	static, dynamic,	for each Letter. For a greater	work the or (hear to white the or hear to the owner of 5 to commercial 5 to dead distant and floatick year one of 5 to commercial 5 to dead distant and floatick years (see 5 to floating the owner of 5 to commercial 5 to co
	lesson plans.	and ballistic	Challenge include your	H hop the a nog 8 times bollowed or your left floor bollowed or your left floor the a secure of 10 the secure of 10
	•	stretches.	middle name, last name and	J bosonice or your right heat W present on ride in channel K man a count of 10 W present on ride in channel For a count of 10 K man a count of 10
	*Will modify		do each one twice.	Ly or a count of 200 and 200 be as the control of 200 be as the count of 200 beautiful of
	accordingly.		Variety:	what's your name
	I would love	*Will modify	*Family Member's Name	A 10 Jumphy jacks N 10 stocké jump rojet B 5 pulmups 0 10 mullion twitti 1 huspide P 5 plut squarti
	to see your	accordingly.	*Favorite Character's Name	D 20 high house Q 10 worm conduct E 5 consides R 10 southers
	pictures! Plea		*Different Historical	10 Mounteel divides \$ 10 second jog in place \$ squeet 10 last locket 10 facet locket
	se email me		Person's Name	1 D big Freids A 2 tools olds 1 D big Freids A 2 tools olds
	at			K 5 out more X 5 kind days L 5 proced plants Y 10 lay more
	Raeann.germ			what's your name)
	an@acboe.ne			▼ 300 Twibesi Tedd W JO werds Twib Lobs
	t with			B 50 publicups © 25 burges D 200 bugh buss © 100 arm ondes
	permission to			E 50 models R 100 factor
	post to our			M 100 from Ledd 0 20 pret rights
	Instagram			\$ 50 out 1 mass \$ 50 look does
	page.			L 5 mounts plants. Y 100 lay raise M 50 sount haves II 50 sount leads
				https://youtu.be/s3
				xjZSjAOPE
Thursday	Materials	Warm Up:	Nature Scavenger Hunt	
	Needed: Natu	Students will	Grades: K-5 th	
Coach K	re Scavenger	report to their	Lesson Procedure: Enjoy	
	Hunt	paw print for	a nice walk	Nature Scowenger Hurs (ad. 1. Nation System 2. Lad Auro space for 20 women.
	list, Marker,	attendance and	while searching for the	France U principalitie Walk for an other to the feedback Pracement of pathose Sile Trace asses The Trace asses The Control of the U counts.
	and something	stretching.	items listed on the Nature	Flandard Constru- Size of Angle Size of Angle Size of Angle of Orando in and Angelia in U. Regard 1. Classe States on one hig.
	to collect	- Students will	Scavenger Hunt List. Once	10. Service of service 14. Service Surjections of 15. National Surjections describes
	items in such	perform a	you find that item check it	New Control of the Co
	as a paper	variety of	off and perform the	
	bag.	static, dynamic,	exercise that goes along	
	NY .	and ballistic	with it.	1
	Nature	stretches.	Safety:	https://youtu.be/q
	Scavenger Hunt		Scavenger Hunt must	<u>HJec-MvOVE</u>
	List is at the bottom of the		be done with parent. Wash your hands after you	
	lesson plan		complete the scavenger	
	*Will modify		hunt.	
	accordingly.		*I would love to see your	
	accordingly.		pictures! Please email	
			me Candace.Koorangi@a	
			cboe.net with permission	
			to post to our Instagram	
			page.	
Friday	Free Choice	Warm Up:	K-5 th grade: Free Choice-	
		Students will	There are a lot of ways be	
Free		report to their	active! Ideas:	
Choice		paw print for	Playing chase	
			Jumping Rope	

attendance and	Riding Bikes	
stretching.	Skateboarding	
- Students will	Playing basketball	
perform a	Walking the dog	
variety of	Playing hopscotch	
static, dynamic,	Riding your Scooter	
and ballistic	Jumping on the Trampoline	
stretches.	Cleaning your Room	
	Swimming in your pool	

what's your name.

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- jump up & down 10 times
- spin around in a circle 5 times
- hop on one foot 5 times
- run to the nearest door and run back
- walk like a bear for a count of 5
- do 3 cartwheels
- do 10 jumping jacks
- hop like a frog 8 times
- balance on your left foot for a count of 10
- balance on your right foot for a count of 10
- march like a toy soldier for a count of 12
- pretend to jump rope for a count of 20
- do 3 somersaults

- pick up a ball without using your hands
- walk backwards 50 steps and skip back
- walk sideways 20 steps and hop back
- crawl like a crab for a count of 10
- walk like a bear for a count of 5
- bend down and touch your toes 20 times
- pretend to pedal a bike with your hands for a count of 17
- roll a ball using only your head
- flap your arms like a bird 25 times
- pretend to ride a horse for a count of 15
- try and touch the clouds for a count of 15
- walk on your knees for a count of 10
- 7 do 10 push-ups

what?

workout for beginners Your name

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- A 10 jumping jacks
- N 10 second jump rope

3 push-ups

0 10 russian twists

C 1 burpee

P 5 plit squats

D 20 high knees

10 arm circles

5 crunches

- R 10 skaters
- F 10 Mountain climbers
- \$ 10 second jog in place

G 5 squats

- T 10 butt kickers
- 10 front Lunges
- U 5 inchworms

10 side Lunges

- y 5 tricep dips
- J 10 second wall sit
- W 3 star jumps

K 5 calf raises

× 5 bird dogs

L 5 second plank

10 Leg raises

M 3 (quat inMp)

7 5 (quat iack)

what's your name:

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- A 200 jumping jacks
- N 10 Minute jump rope

B 50 push-ups

100 russian twists

C 25 burpees

- P 50 plie squats
- D 200 high knees
- Q 100 arm circles

50 crunches

- 100 skaters
- | 100 Mountain climbers
- \$ 10 Minute jog in place

G 50 squats

- 7 200 butt kickers
- 100 front Lunges
- U 50 inchworms

100 side Lunges

- V 50 tricep dips
- J 100 second wall sit
- 50 star jumps

★ 50 calf raises

- × 50 bird dogs
- L 5 Minute plank
- 100 Leg raises
- M 50 (quat iump)
- 7 50 (quat jack)



Nature Scavenger Hunt List

- 1. Rock-Stretch up/down
- 2. Leaf-Run in place for 30 seconds.
- 3. Flower-10 jumping jacks
- 4. Stick-5 arm circles to the front/back
- 5. Pinecone-5 push-ups
- 6. Dirt-Trunk twists
- 7. Water-Hop on one foot for 10 seconds
- 8. Feather-5 squats
- 9. Grass-5 lunges
- 10. Something to recycle-Breathe in and breathe out. Repeat.
- 11. Clover-Balance on one leg.
- 12. Acorn-March in place for 30 seconds
- 13. Bark-Do a dance
- 14. Something fuzzy-Scream!
- 15. Treasure-Your favorite exercise

Safety:

Nature Scavenger Hunt must be done with parent.

Wash your hands after Scavenger Hunt is complete.