

**German/Koorangi/Porter/Mccullers**

**Lesson Plans:** April 13<sup>th</sup>-17<sup>th</sup>

**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.

	<b>Materials/ Equipment</b>	<b>Whole Group</b>	<b>Small Group</b>	<b>Handouts/ Helpful Links</b>
<b>Monday</b>  <b>Coach Porter</b>	*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. **Measurement s and materials can be configured to fit your needs**	<b>Warm Up:</b> Students will report to their paw print for attendance and stretching. - Students will perform a variety of static, dynamic, and ballistic stretches.	<b>Agility Ladder Grades: K- 5th Lesson Objective:</b> Engage students in locomotor skills such as hopping, jumping, leaping, and skipping. <b>*Bunny Hops</b> 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 Coach Porter PE Part 2 you have climbed the ladder. <b>*Out &amp; In</b> (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. <b>*Lateral/Linear Run</b> (3x)- Turn sideways to ladder and	<a href="#"><u>Coach Porter Lesson Part 2</u></a>

			<p>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.</p> <p><b>*Twist Jumps (3x)</b>- 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><b>*Ladder Crawl going Lateral/Sideways (2x)</b>- Begin in pushup position by placing both hands in first</p>	
<p><b>Tuesday</b></p> <p><b>Coach McCullers</b></p>	<p><b>Ball:</b> Any kind of play ball or even some balled up paper</p> <p><b>Hockey Stick:</b> Any kind of stick, broom or anything else creative you can think of</p> <p><b>Goal:</b> Bucket, Laundry basket, ect....</p>	<p><b>Warm Up:</b> 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><b>Hockey:</b> This can be played indoors or in your yard. The equipment is limited to your imagination. You can play this with other people, your dogs, you parents and even brothers and sisters. This is a good rainy day activity to fall back on. This activity has no physical or mental limitations.</p>	<p><a href="#">Hockey Drill Activities</a></p> <p><a href="#">Hockey Skills Practice</a></p> <p><a href="#">USA Hockey Teams Overcoming Disabilities</a></p> <p><a href="#">Coach McCullers Hockey Lesson</a></p>

<p><b>Wednesday</b></p> <p><b>Coach German</b></p>	<p><b>“What’s Your Name?” Sheets that are at the bottom of the lesson plans.</b></p> <p>*Will modify accordingly.  <b>I would love to see your pictures! Please email me at <a href="mailto:Raeann.german@acboe.net">Raeann.german@acboe.net</a> with permission to post to our Instagram page.</b></p>	<p>- Students will perform a variety of static, dynamic, and ballistic stretches.</p> <p>*Will modify accordingly.</p>	<p><b>What’s Your Name?</b></p> <p>Spell out your full name and complete the activity listed for each Letter. For a greater Challenge include your middle name, last name and do each one twice.</p> <p>Variety:  *Family Member’s Name  *Favorite Character’s Name  *Different Historical Person’s Name</p>	 <p><a href="https://youtu.be/s3xjZSjAOPE">https://youtu.be/s3xjZSjAOPE</a></p>
<p><b>Thursday</b></p> <p><b>Coach K</b></p>	<p><b>Materials Needed:</b> Nature Scavenger Hunt list, Marker, and something to collect items in such as a paper bag.</p> <p>Nature Scavenger Hunt List is at the bottom of the lesson plan  *Will modify accordingly.</p>	<p><b>Warm Up:</b> 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><b>Nature Scavenger Hunt</b></p> <p><b>Grades:</b> K-5<sup>th</sup></p> <p><b>Lesson Procedure:</b> Enjoy a nice walk while searching for the items listed on the Nature Scavenger Hunt List. Once you find that item check it off and perform the exercise that goes along with it.</p> <p><b>Safety:</b> Scavenger Hunt must be done with parent. Wash your hands after you complete the scavenger hunt.</p> <p><b>*I would love to see your pictures! Please email me <a href="mailto:Candace.Koorangi@acboe.net">Candace.Koorangi@acboe.net</a> with permission to post to our Instagram page.</b></p>	 <p><a href="https://youtu.be/qHJec-MvOVE">https://youtu.be/qHJec-MvOVE</a></p>
<p><b>Friday</b></p> <p><b>Free Choice</b></p>	<p>Free Choice</p>	<p><b>Warm Up:</b> Students will report to their paw print for</p>	<p>K-5<sup>th</sup> grade: Free Choice- There are a lot of ways be active! Ideas: Playing chase Jumping Rope</p>	

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

# what's fit activity for kids 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.

**A** jump up & down 10 times

**N** pick up a ball without using your hands

**B** spin around in a circle 5 times

**O** walk backwards 50 steps and skip back

**C** hop on one foot 5 times

**P** walk sideways 20 steps and hop back

**D** run to the nearest door and run back

**Q** crawl like a crab for a count of 10

**E** walk like a bear for a count of 5

**R** walk like a bear for a count of 5

**F** do 3 cartwheels

**S** bend down and touch your toes 20 times

**G** do 10 jumping jacks

**T** pretend to pedal a bike with your hands for a count of 17

**H** hop like a frog 8 times

**U** roll a ball using only your head

**I** balance on your left foot for a count of 10

**V** flap your arms like a bird 25 times

**J** balance on your right foot for a count of 10

**W** pretend to ride a horse for a count of 15

**K** march like a toy soldier for a count of 12

**X** try and touch the clouds for a count of 15

**L** pretend to jump rope for a count of 20

**Y** walk on your knees for a count of 10

**M** do 3 somersaults

**Z** do 10 push-ups

# what's your name? Workout for beginners

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.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

# what's your name! extreme workout

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.

- |                                |                                 |
|--------------------------------|---------------------------------|
| <b>A</b> 200 jumping jacks     | <b>N</b> 10 minute jump rope    |
| <b>B</b> 50 push-ups           | <b>O</b> 100 russian twists     |
| <b>C</b> 25 burpees            | <b>P</b> 50 plie squats         |
| <b>D</b> 200 high knees        | <b>Q</b> 100 arm circles        |
| <b>E</b> 50 crunches           | <b>R</b> 100 skaters            |
| <b>F</b> 100 mountain climbers | <b>S</b> 10 minute jog in place |
| <b>G</b> 50 squats             | <b>T</b> 200 butt kickers       |
| <b>H</b> 100 front lunges      | <b>U</b> 50 inchworms           |
| <b>I</b> 100 side lunges       | <b>V</b> 50 tricep dips         |
| <b>J</b> 100 second wall sit   | <b>W</b> 50 star jumps          |
| <b>K</b> 50 calf raises        | <b>X</b> 50 bird dogs           |
| <b>L</b> 5 minute plank        | <b>Y</b> 100 leg raises         |
| <b>M</b> 50 squat jumps        | <b>Z</b> 50 squat jacks         |



## 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.