

German/Koorangi/Porter/Mccullers

Lesson Plans: May 4th-8th

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	Video
Monday: Coach Porter	<ul style="list-style-type: none">*Any object around the house that can be thrown onto a Tic Tac Toe board (Socks, beanbag, frisbee, ball, any objects around the house.*Tic Tac Toe board can be designed with various objects from around the house (side walk chalk, spray paint, rope, sticks, any object that can resemble a Tic Tac Toe Board.	Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.	<p>Tic Tac Toe Toss</p> <ul style="list-style-type: none">*Players should have 4 objects (socks, ball, etc.) to throw on the board from 3 feet away.*The object is to get 3 of the same either across the board, up & down, or diagonal.*After throwing all 4 objects, players can retrieve 2 of their objects and rethrow to make a tic tac toe.*Players should rotate who goes	Coach Porter P.E. Part 5

			first upon the start of a new game.	
Tuesday: Coach McCullers	<p>A flat/comfortable surface to lay down on. Video demonstrations are available and ALSDE guidelines for the Physical Fitness Test are also posted.</p> <p>EMAIL ALL PICTURES AND VIDEOS OF YOU DOING THE CHALLENGE TO:</p> <p>joshua.mccullers@acboe.net</p> <p>WITH THE HASHTAG:</p> <p>#plesstrong</p>	<p>Warm Up:</p> <p>- Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>Sit-up/Curl-up Challenge:</p> <p>See how many curl up/sit up you can do properly the first day and keep practicing all week and try to add at least 5 more to your overall total. This exercise is working on your core strength. Lay on the ground with your knees bent and feet flat. Shoulders will be flat on the floor, arms extended by your side and the palms of your hands on the ground. Trying not to raise your feet, slowly raise your upper body up while sliding your hands on the ground stopping them around where your knees are. Slowly come back down and repeat. Do as many as you possibly can and count your progression through*out the week. At the end of the week see how many more you can do from where you started.</p>	<p>Coach Mc on Curl-ups/Sit-ups</p> <p>Curl-ups/Sit-ups from a child's Perspective</p> <p>Physical Fitness Curl up Cadence</p> <p>Alabama State Department PFT</p>
Wednesday: Coach German	Materials: ball (optional)	Warm Up:	* Partner Workout	

	<p>*Will modify accordingly.</p> <p>I would love to see your pictures! Please email me at</p> <p>Raeann.german@acboe.net</p> <p>with permission to post to our Instagram page.</p>	<p>- Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>Stretches Stretch up/down Right arm over left/Left arm over Right Stretch down to right leg/left leg/middle</p> <p>Partner Workout 5 partner squats 10 plank high planks 10 partner sit ups (toss a ball to each other) 10 partner toe touches 1-2 laps around your yard</p>	<p>https://youtu.be/DhxsteT5uYI</p>
<p>Thursday: Coach K</p>	<p>Materials: ball (optional)</p> <p>*Will modify accordingly.</p>	<p>Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>* Partner Workout</p> <p>Stretches Stretch up/down Right arm over left/Left arm over Right Stretch down to right leg/left leg/middle</p> <p>Partner Workout 5 partner squats 10 plank high planks 10 partner sit ups (toss a ball to each other) 10 partner toe touches 1-2 laps around your yard</p>	<p>https://youtu.be/DhxsteT5uYI</p>

			<p>*I would love to see your pictures! Please email me Candace.Koorangi@acboe.net with permission to post to our Instagram page.</p>	
Friday: Free Choice		<p>Warm Up: Students will report to their paw print for attendance and stretching. - Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>K-5th grade: Free Choice-There are a lot of ways get 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</p>	