

German/Koorangi/Porter/Mccullers

Lesson Plans: May 11th-15th

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

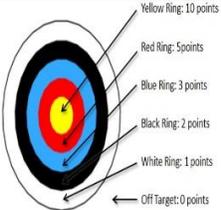
LIM: Review Habit 1, 2, 3, 4, 5, and 6:

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	*Any object that students can jump/hop into such as a hula hoop/circles in the dirt/side walk chalk/or spray paint *Make as many circles desired for hopping/jumping from one area to the next	Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.	Rock, Paper Scissors Hop *Students will split into 2 lines on each end of hoops. *On GO, students hop till they face each other. *When they are ready, they will play ROCK, PAPER, SCISSORS! *Normally, the student that loses goes to the end of their line and waits for next turn. *Instead, when the student wins, they will advance one	Coach Porter PE Part 6

			space forward as the losing student takes a hop back and they will play again repeatedly until they reach the end of the line.	
Tuesday: Coach McCullers	<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: - Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>This past Sunday was mother's day so a shout out to all the mothers:</p> <p>HAPPY MOTHER'S DAY!!!!</p> <p>Kids, have fun and use your imagination for fun activities. Here are a few suggestions for you to use. ALWAYS help out your parents/guardians around the house. You can turn almost anything into a fun activity as long as you put your mind to it!</p>	<p>Coach Mc's Lesson</p> <p>How to fold a Paper Football</p> <p>How to fold a Towel Dog</p>
Wednesday: Coach German/ Coach K	<p>Chalk Bean bag If you don't have bean bags, you can use socks, stuffed animals, etc. Be creative.</p> <p>*Will modify accordingly. I would love to see your pictures! Please email me at</p>	<p>Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>Chalk Bullseye Archery:</p> <ol style="list-style-type: none"> 1. Create a chalk target to throw bean bags at. 2. Students will stand behind a line and try to hit the target/bull 	 <p>https://youtu.be/RcEiCif1H7A</p> <p>Example:</p>

	<p>Raeann.german@acboe.net with permission to post to our Instagram page.</p>		<p>seyes for points. Scoring: Scoring in archery is very simple: you just add up the number of points based on where your bean bag hit the target. The highest score for a single bean bag is 10 for hitting the inner gold ring, while the least (for hitting the outer white ring) is one point. Bean Bag missing the target altogether do not score at all. After the tenth round whomever has the most points wins.</p>	
<p>Thursday: Coach K/Coach German</p>	<p>Chalk Bean bag</p> <p>*Will modify accordingly.</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>	<p>Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>Chalk Bullseye Archery:</p> <ol style="list-style-type: none"> 1. Create a chalk target to throw bean bags at. 2. Students will stand behind a line and try to hit the target/bullseyes for points. <p>Scoring: Scoring in archery is very simple: you just add up the number of points based</p>	 <p>https://youtu.be/RcEiCif1H7A</p> <p>Example:</p>

			<p>on where your bean bag hit the target. The highest score for a single bean bag is 10 for hitting the inner gold ring, while the least (for hitting the outer white ring) is one point. Bean Bag missing the target altogether do not score at all. After the tenth round whomever has the most points wins.</p>	
<p>Friday: Free Choice</p>	<p>Free Choice</p>	<p>Warm Up: - Students will perform a variety of static, dynamic, and ballistic stretches.</p>	<p>K-5th 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</p>	

			Swimming in your pool	
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