

Groveland Week 3 Distance Learning

PE Lessons

Distance Learning for Elementary PE Central Bucks School District Parents/Students: Please find the appropriate grade level and follow the directions.

- **MDS Physical Education Week 3**

Overview: Compares physical activities that bring confidence and challenge.

Estimated Time: Approximately 20 minutes

Explanation: Enjoy a fun exercise with a parent, sibling, or guardian/caretaker and see what activities you are successful at attempting.

Three quick things to know:

(1) With an adult/guardian/caretaker or older sibling, choose between a challenge activity or from a variety of skill activities in a video. (2) After completing the challenge or activity of your choice, record what was chosen on the worksheet below. (3) If you cannot print the fitness log, you may write your choice on a sheet of paper and sign the fitness log.

Tasks: Choose 1 or 2 new activities from last week (equipment permitting)

Click <https://watchkin.com/07471282af> to watch a video of different ideas for skills work (various materials required).

AND/OR

Select a challenge activity you would like to participate in from the list below:

In their wheelchairs:

- Student can push objects off of her lap.
- Student can reach for objects dangling from strings from the basketball hoop or from a string pulled across two volleyball standards.
- They can grasp items such as socks with a tennis ball inside, a tennis ball, scarves, whiffle ball, yarn ball, or Koosh ball.
- Student can bat balloons.
- Student can pull on Thera-Bands or surgical tubing.
- Student can use a racquet bandaged around one hand to bat a ball or play hockey with a hockey stick that is Velcroed or bandaged around one hand.

Over a bolster:

- Lying on her front over a bolster, a student can push balls back and forth, drop scarves or bean bags into buckets, or do push-ups with assistance.
- They can also reach up into higher buckets or baskets and drop items into higher targets.

Lying on a wedge mat or sitting on a mat with support from behind:

- Lying on his front over a wedge mat or sitting on a mat with support from behind, a student can push balls back and forth, drop scarves or bean bags into buckets, or do push-ups with assistance.
- They can also reach up into higher buckets or baskets and drop items into higher targets.

Lying Supine on a mat:

- While a student is lying on their back, they can kick a ball off of her feet. They can also pull a scarf off their face, push a ball off her chest, reach up for scarves or objects, and practice grasping and releasing into hula hoops.

Lying prone on a scooter or sitting up with support:

- While lying prone on a scooter or sitting up with support, a student can hold on to a hula hoop while being pulled around. They can push himself with his feet to the extent possible; they can hold on to a rope with support and be pulled around; and they can push themselves with their arms.

- **Kindergarten WEEK 3 OPTION 1**

Physical Education

Overview:

This Physical Education lesson is for grade 1.

Students will click on the link under the "links/activities" bullet. This will take you to a web site, where you will perform a Cosmic Kids Yoga session called "Squish the Fish."

Estimated Time: 20 minutes

Explanation of Activity:

- Click on the hyperlink below
- Do the workout yourself or with a family member
- Follow the instructions on the site
- Complete the tasks listed below.
- Have fun!

Quick things to know:

Students should practice breathing slowly as they perform each exercise. Work hard to maintain balance in all poses.

Tasks:

Participate in a guided yoga session.

Question: What were some of your favorite yoga poses in the video? Can you point to the muscles you used in each of these poses?

Links/Activities:

<https://watchkin.com/1d0328278e>

- **Kindergarten - OPTION 2**

Physical Education - Total Body Workout

Overview:

Students will complete a workout routine at home and answer the reflection question upon workout completion.

Estimated Time: 20 minutes

Explanation of Activity:

- Do the workout yourself or with a family member
- Complete the tasks listed below.
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Complete the workout and answer the reflection question.

Activities:

Workout (repeat the routine 3 times):

- Jog in place for 30 seconds
- 10 sit-ups
- 10 plank punches
- 10 squats
- 20 jumping jacks
- 4 push-ups
- 10 second sit and reach stretch
- Repeat from the top!

Reflection: Can you pick one exercise you just did that is good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member

- **First Grade WEEK 3 OPTION 1**

Physical Education

Overview:

This Physical Education lesson is for grade 1.

Students will click on the link under the "links/activities" bullet. This will take you to a web site, where you will perform a Cosmic Kids Yoga session called "Squish the Fish."

Estimated Time: 20 minutes

Explanation of Activity:

- Click on the hyperlink below
- Do the workout yourself or with a family member
- Follow the instructions on the site
- Complete the tasks listed below.
- Have fun!

Quick things to know:

Students should practice breathing slowly as they perform each exercise. Work hard to maintain balance in all poses.

Tasks:

Participate in a guided yoga session.

Question: What were some of your favorite yoga poses in the video? Can you point to the muscles you used in each of these poses?

Links/Activities:

<https://watchkin.com/1d0328278e>

- **First Grade - OPTION 2**

Physical Education - Total Body Workout

Overview:

Students will complete a workout routine at home and answer the reflection question upon workout completion.

Estimated Time: 20 minutes

Explanation of Activity:

- Do the workout yourself or with a family member
- Complete the tasks listed below.
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Complete the workout and answer the reflection question.

Activities:

Workout (repeat the routine 3 times):

- Jog in place for 30 seconds
- 10 sit-ups
- 10 plank punches
- 10 squats
- 20 jumping jacks
- 4 push-ups
- 10 second sit and reach stretch
- Repeat from the top!

Reflection: Can you pick one exercise you just did that is good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member

- **Second Grade WEEK 3 OPTION 1**

Physical Education

Overview:

This Physical Education lesson is for grade 2.

Students will click on the link under the "links/activities" bullet. This will take you to a web site, where you will perform a Cosmic Kids Yoga session called "Popcorn and Pirates."

Estimated Time: 20 minutes

Explanation of Activity:

- Click on the hyperlink below
- Do the workout yourself or with a family member
- Follow the instructions on the site
- Complete the tasks listed below
- Have fun!

Quick things to know:

You can choose between one of the two lessons offered for 2nd grade.

Tasks:

Participate in a guided yoga session.

Question: From the video can you demonstrate a yoga pose that uses each of the following muscle groups?

- a. Arms
- B. Legs
- C. Core muscles
- D. Back

Links/Activities:

<https://watchkin.com/212af2a9ff>

- **Second Grade – OPTION 2**

Physical Education - Total Body Workout

Overview:

Students will complete a workout routine at home and answer the reflection question upon workout completion.

Estimated Time: 20 minutes

Explanation of Activity:

- Do the workout yourself or with a family member
- Complete the tasks listed below.
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Complete the workout and answer the reflection question.

Activities:

Workout (repeat the routine 3 times):

- Jog in place for 30 seconds
- 10 sit-ups
- 10 plank punches
- 10 squats
- 10 crab kicks
- 20 jumping jacks
- 4 push-ups
- 10 second sit and reach stretch
- Repeat from the top!

Reflection: Can you pick one exercise you just did that is good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member

Third Grade Physical Education Week 3 - OPTION 1

Overview:

This Physical Education lesson is for grade 3.

Students will click on the link under the "links/activities" bullet. This will take you to a web site, where you will perform a Cosmic Kids Yoga session called "Minecraft."

Estimated Time: Minutes

Explanation of Activity:

- Click on the hyperlink below.
- Do the workout yourself or with a family member
- Follow the instructions on the site
- Complete the tasks listed below
- Have fun!

Quick things to know:

Make sure students recognize any pose that requires a lot of flexibility in your body as they engage in the workout.

Tasks:

Participate in a guided yoga session.

Question: Can you demonstrate a pose that requires flexibility in the following areas?

- a. Arms
- b. Legs
- c. Core muscles
- d. Back

Links/Activities:

<https://watchkin.com/f0e2518f92>

- **Third Grade – OPTION 2**

Physical Education - Total Body Workout - DESIGN YOUR OWN!

Overview:

Students will design their own workout program using a combination of 9 exercises we have used in class. Once complete, students should perform the workout and are encouraged to include family members. Be your family's fitness instructor!

Estimated Time: 20vminutes

Explanation of Activity:

- Design the workout program - Use 3 exercises for each of the following areas: 1. Arms 2. Legs and 3.Core
- Choose between **10 repetitions** or **10 seconds** of work for each exercise
- Repeat the entire exercise routine 3 times
- Do the workout yourself or with a family member
- Complete the reflection question listed below
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Design and complete the workout, then answer the reflection question. I have included 1 example of an exercise for each muscle area.

	Exercise Name	Muscle Area	Work Amount
1	Crab Dips	Arms	10 repetitions
2	Jog in Place	Legs	10 Seconds
3	6 inch leg hold	Core	10 Seconds
4			
5			
6			
7			
8			
9			
10			

Reflection: Can you select a stretch that is good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member and perform the stretches with them.

Fourth Grade Physical Education Week 3 – OPTION 1

Overview:

This Physical Education lesson is for grade 4.

Students will click on the link under the "links/activities" bullet. This link will take you to Yoga for Beginners - a yoga video that helps bridge the gap between yoga for primary kids and yoga for older students.

The yoga session is 24 minutes in length.

Explanation of Activity:

- Click on the hyperlink below
- Do the workout yourself or with a family member
- Follow the instructions and pay close attention to exercise form, balance and control of your body.
- Complete the tasks listed below.
- Have fun!

Quick things to know:

This video provides students with an understanding of how yoga is a beneficial form of exercise. Students should pay attention to how their body feels as they progress through the three stages of yoga: Breathing, Poses and Relaxation.

Tasks:

Complete the yoga video

As the video explains, yoga is composed of three phases: breathing, poses and relaxation. On a piece of paper list these three phases and explain how each of them are good for our mind and body. You can also decide to explain to a family member how these three phases are good for us.

Links/Activities:

[Beginner Yoga](#)

- **Fourth Grade – OPTION 2**

Physical Education - Total Body Workout - DESIGN YOUR OWN!

Overview:

Students will design their own workout program using a combination of 9 exercises we have used in class. Once complete, students should perform the workout and are encouraged to include family members. Be your family's fitness instructor!

Estimated Time:

20-25 minutes

Explanation of Activity:

- Design the workout program - Use 3 exercises for each of the following areas: 1. Arms 2. Legs and 3. Core
- Choose between **10 repetitions** or **10 seconds** of work for each exercise
- Repeat the entire exercise routine 3 times
- Do the workout yourself or with a family member
- Complete the reflection question listed below
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Design and complete the workout, then answer the reflection question. I have included 1 example of an exercise for each muscle area.

	Exercise Name	Muscle Area	Work Amount
1	Crab Dips	Arms	10 repetitions
2	Jog in Place	Legs	10 Seconds
3	6 inch leg hold	Core	10 Seconds
4			
5			
6			
7			
8			
9			
10			

Reflection: Can you select a stretch that is good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member and perform the stretches with them.

Fifth Grade Physical Education Week 3 – OPTION 1

Overview: This Physical Education lesson is for grade 5.

Students will click on the link under the "links/activities" bullet. This link will take you to an intermediate yoga session geared towards 5th/6th grade students. Yoga can be a great way for students to develop proper form, balance and body control while strengthening muscles. This session is slightly longer than yoga practiced at the primary level so students will be challenged to maintain concentration throughout the 30 minute workout.

Estimated Time: 30 minutes

Explanation of Activity:

- Click on the hyperlink below
- Do the workout yourself or with a family member
- Follow the instructions and pay close attention to exercise form, balance and control of your body.
- Complete the tasks listed below.
- Have fun!

Quick things to know:

This yoga session concludes with relaxation and mindfulness. Please encourage students to challenge themselves to complete the entire session and believe in it's health benefits for both the mind and body.

Tasks:

Participate in a the yoga session.

Reflect on how you feel upon completion of the yoga session. You may do this verbally with a family member or feel free to send me an email about your yoga experience!

Links/Activities:

[Yoga for Kids](#)

- **Fifth Grade – OPTION 2**

Physical Education - Total Body Workout - DESIGN YOUR OWN!

Overview:

Students will design their own workout program using a combination of 12 exercises we have used in class. Once complete, students should perform the workout and are encouraged to include family members. Be your family's fitness instructor!

Estimated Time:

20-25 minutes

Explanation of Activity:

- Design the workout program - Use at least 3 exercises for each of the following areas: 1. Arms 2. Legs and 3.Core
- Choose between **10 repetitions** or **10 seconds** of work for each exercise
- Repeat the entire exercise routine 3 times. In between each round do a recovery jog for 30 seconds.
- Do the workout yourself or with a family member
- Complete the reflection question listed below
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Design and complete the workout, then answer the reflection question. I have included 1 example of an exercise for each muscle area.

Exercise Name	Muscle Area	Work Amount
1 Plank Punches	Arms, Core	10 repetitions
2 Burpee	Arms, Legs and Core	10 Seconds
3 6 inch leg hold	Core	10 Seconds
4		
5		
6		
7		
8		
9		
10		
11		
12		

Reflection: Can you select 2 stretches that are good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member and perform the stretches with them.

- **Sixth Grade Day 1**

Physical Education

Overview:

This Physical Education lesson is for grade 6 and it is recommended that students complete the workout 2 to 4 times during the week.

Students will click on the link under the "links/activities" bullet. This link will take you to a full body beginner workout.

Estimated Time:

10 minutes - To be completed once every other day this week

Explanation of Activity:

- Click on the hyperlink below
- Do the workout yourself or with a family member
- Follow the instructions and pay close attention to exercise form, balance and control of your body.
- Complete the tasks listed below.
- Have fun!

Quick things to know:

Students and adults alike can often struggle to perform exercises correctly. Making sure to use proper technique in each exercise can reduce the risk of injury and increase strength and endurance gains. Each time the student practices with this video, they should pay close attention to perform each exercise as is being demonstrated on the video

Tasks:

Participate in a the video workout.

Identify two or three exercises that gave you the most difficulty. Practice them on your own at a slow pace for the next 2 minutes.

Self Reflection - Each time you complete the workout are you able to identify that you are doing each exercise with better control and form?

Links/Activities: <https://watchkin.com/9d5abbccb7>

- **Sixth Grade – OPTION 2**

Physical Education - Total Body Workout - DESIGN YOUR OWN!

Overview:

Students will design their own workout program using a combination of 12 exercises we have used in class. Once complete, students should perform the workout and are encouraged to include family members. Be your family's fitness instructor!

Estimated Time: 20-25 minutes

Explanation of Activity:

- Design the workout program - Use at least 3 exercises for each of the following areas: 1. Arms 2. Legs and 3. Core
- Choose between **10 repetitions** or **10 seconds** of work for each exercise
- Repeat the entire exercise routine 3 times. In between each round do a recovery jog for 30 seconds.
- Do the workout yourself or with a family member
- Complete the reflection question listed below
- Have fun!

Quick things to know:

Music and getting family members involved always makes working out more fun!

Tasks:

Design and complete the workout, then answer the reflection question. I have included 1 example of an exercise for each muscle area.

Exercise Name	Muscle Area	Work Amount
1 Plank Punches	Arms, Core	10 repetitions
2 Burpee	Arms, Legs and Core	10 Seconds
3 6 inch leg hold	Core	10 Seconds
4		
5		
6		
7		
8		
9		
10		

Reflection: Can you select 2 stretches that are good for 1. Arm Muscles 2. Leg Muscles 3. Core Muscles? Share your answers with an adult or family member and perform the stretches with them.