

<p>K-5 Lesson plans</p> <p><u>KDOE: Practical Living (P.E.): Academic Standards</u> 2.34: P.E.: Students perform physical movement's skills effectively in a variety of settings.</p> <p><u>KDOE: Practical Living (Health): Academic Expectations: 4.1:</u> Students effectively use interpersonal skills. (K-5th)</p> <p><u>KDOE: Practical Living: Academic Expectations: (Health) 5.4:</u> Students use decision-making processes to make informed decisions among options. (K-5th)</p> <p><u>KDOE: Vocational Studies (Career Studies): Academic Expectations: 2.36:</u> Students use strategies for choosing and preparing for a career.</p> <p><u>KDOE: Practical Living (Health): 2.32:</u> Students demonstrate strategies for becoming and remaining mentally and emotionally healthy. (K-2nd)</p> <p><u>National Standards (NASPE)</u> See attached lesson plans for NASPE standards!</p>	<p><u>Vocabulary:</u> Stretching Dynamic Static Empathy, tempo, touchdown, over, under, around, through</p>	<p><u>Learning Targets (relate all targets to real life):</u> P.E.: I can perform physical movement skills correctly. (K-5th) Career: I can understand about careers in (K-5th) Health: I can understand and demonstrate empathy (K-5th) Health: I can (K-2nd) Health: I can (3rd-5th), P.E.: I can move my body using different tempos. (K-2nd) P.E.: I can move my body following different position words. (K-2nd) P.E.: I can run from one side of the gym to the other and score a touchdown. (2nd-5th)</p> <p><u>Tuesday-Thursday P.E. and Health Lesson Plans</u></p> <p><u>Mini lesson:</u> (P.E.) Students will enter gym and sit down on the white circle. Teacher will review classroom rules and expectation, rewards and consequences for behavior. Review that both good and inappropriate behavior will be logged. If time permits, students will hear the joke of the day!</p> <p><u>Warm-up:</u> (P.E.) Teacher will log individual and class for correct type of shoes worn. Teacher will go over how to safely run laps. Students will run three laps as a warm up.</p> <p><u>Mini lesson (Health/Citizenship/Employability Traits):</u> Character word of the week on Power Point:</p> <p><u>Mini Lesson: (Health):</u> See powerpoint</p> <p><u>Mini lesson: (KY Career Cluster):</u> See powerpoint about a career related to</p> <p><u>Warm-up:</u> (P.E./stretching & warm-up) Mr. Kuhn will get into their personal space. All students will learn about "dynamic" stretching before a workout and will complete one upper body and one lower body stretch. (K-3rd) Students will watch a video from Adventure to Fitness, if time permits.</p> <p><u>P.E. Activity #1:</u> (K-2nd) Tempos and Creative Moves (Building a Foundation) pg. 17 & Movement Concepts Using Hoops (Building a Foundation) pg. 21.</p> <p><u>Differentiated Instruction:</u> Struggling students will receive one on one and /or small group instruction through additional modeling the movement correctly</p>	<p><u>Daily Assessment:</u> <input checked="" type="checkbox"/> Observation <input checked="" type="checkbox"/> Oral responses <input type="checkbox"/> Self-Evaluation <input type="checkbox"/> ORQ <input checked="" type="checkbox"/> Whole Class <input checked="" type="checkbox"/> Small Group <input checked="" type="checkbox"/> Individual</p> <p><u>Formative and Summative Assessments</u> <input checked="" type="checkbox"/> Entrance (flashback) and Exit Slips <input checked="" type="checkbox"/> Oral Questions <input type="checkbox"/> Student Self-Assessment</p>
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		<p>from the teacher or from peers. Advanced students: See challenges throughout the attached lesson.</p> <p><u>Assessments/Exit Slip:</u> See Wrap It Up under attached lesson plan.</p> <hr/> <p><u>P.E. Activity #2:</u> (3rd-5th) Flag Pulling Drills (Football, pg.11) & Ball Carrying Drills (Football, pg. 9)</p> <p><u>Differentiated Instruction:</u> Struggling students will receive one on one and /or small group instruction through additional modeling the movement correctly from the teacher or from peers. Advanced students: See challenges throughout the attached lesson.</p> <p><u>Assessment/Exit Slip:</u> Make sure students performed the activity correctly, see "Tony's Tips" in attached lesson plan. Students correctly either pulled a flag from a teammate or kept their teammates from pulling their flag. Evidence in anecdotal records.</p> <p><u>Mini lesson:</u> Students in grades K-2nd will watch a video from youtube titled "Empathy by Mark Ruffalo". 3rd-5th grade students will watch a video from youtube.com titled "Empathy CGI".</p> <p><u>Cool down and Rewarding Positive Behaviors:</u> Mr. Kuhn will pass out green tickets and/or white clip up tickets. Students will participate in a cool down activity by running one lap followed by walking one lap, and line up at the door by playing the game "Mr. Kuhn says" or will review key vocabulary from the lesson.</p> <hr/> <p><u>Date:</u> Friday, August 24, 2018</p> <p><u>Topics:</u> Tag, flee, strength exercises, Rock, Paper, Scissors, Hopping</p> <p><u>Vocabulary:</u> curl ups, push-ups, lunges, squats,</p>	
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KDOE: Practical Living

(P.E.): Academic

Standards

2.34: P.E.: Students

perform physical movement's skills effectively in a variety of settings.

			<p><u>National Standards (NASPE)</u></p> <p>See attached lesson plans for NASPE standards!</p>
		<p><u>I can statements:</u> I can tag or run away from a peer that is chasing me. I can perform strength conditioning exercises correctly. I can I can</p> <p><u>Large group instruction:</u> Students will sit on the floor and will spend a few minutes reviewing concepts learned earlier this week in PE.</p> <p><u>Warm-up:</u> Students will run 3 laps and will dance along with one or two Just Dance songs on the Activboard.</p> <p><u>P.E. Activity #1& 2</u> Color Tag (Games, pg. 5) & Flexibility (Building a Foundation, pg. 47) See attached lesson plan. (K-2nd)</p> <p><u>Differentiated Instruction:</u> Struggling students will receive one on one and /or small group instruction through additional modeling the movement correctly from the teacher or from peers. Advanced students: Students will perform various “Challenges” listed throughout the attached lesson.</p> <p><u>Assessments/Exit Slip:</u> Students will complete the Wrap It Up assessment at the end of the attached lesson. DOK 2: Compare and contrast the traditional game of tag with color tag.</p>	
		<p><u>P.E. Activity #1& 2</u> Hoop Hop Showdown</p> <p>A video of 4th graders playing a game called Hoop Hop Showdown has gone viral in recent days amassing over 8 million views.</p> <p><u>How to Play:</u></p> <p>Set up a game board using multiple hula hoops. This should zig zag across your meeting space.</p> <p>Split your group into two teams - with teams at either ends of the hula hoop playing board lined up one behind another.</p>	

On the first whistle the first member of each team hop from hula hoop to hula hoop until they meet somewhere on the game board.

They play a round of rock paper scissors until someone wins. The winner keeps advancing on the game board and the loser goes to the back of their team line. Meanwhile the second player in the losing team becomes active and hops onto to the hula hoop play area until they meet the first player from the other team where to play another round of rock, paper, scissors.

The aim of the game is to reach the last hoop on the game board which scores your team one point. The game can be played for a certain period of time and the team with the most points is the winner.

If time permits, students will listen to music and will hula hoop or jump rope after Hoop Hop Showdown.

Differentiated Instruction: Struggling students will receive one on one and /or small group instruction through additional modeling the movement correctly from the teacher or from peers. Advanced students: Students will perform various "Challenges" listed throughout the attached lesson.

Assessments/Exit Slip: Students correctly played hopped and played Rock, Paper, Scissors Correctly. DOK 2: Compare and contrast tradition Rock, Paper, Scissors and Hoop Hop Showdown.

****Emergency Drills:** Open the door on the rolling cart.
On the top shelf is a first aid kit. Please take the emergency kit with you during any drill.

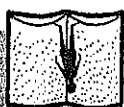
Drills:

****Fire drills:** exit following the emergency exit plan & close doors (prevents spread of flames)

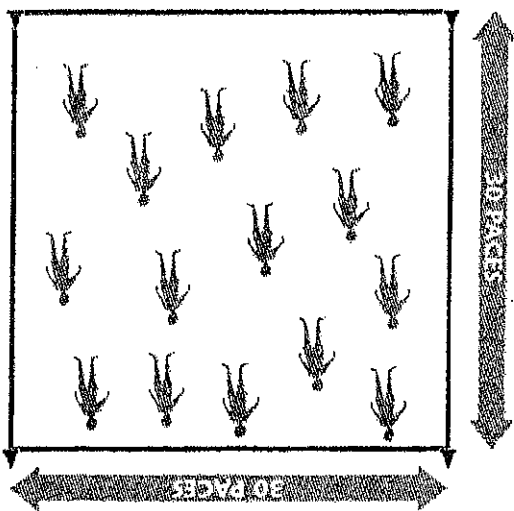
****Earthquake drills:** doors open (you would be trapped if door is struck), everyone gets under/tables including teachers

****Lockdown drills:** Call phone tree, turn off lights, lock door, cover door window, put students in safe corner out of sight, and take roll.

****Tornado drills:** File into the hallway, head covered... this will take some maneuvering with class



BUILDING A
FOUNDATION



Ready

- 4 cones (for boundaries)
- 6 small foamballs, yarnballs, or fluffballs, 2 of each color (red, yellow, green)
- 3 Movement Cubes (1 w/locomotor skills, 1 w/levels and directions, 1 w/pathways)
- Locomotor Skill, Level, Direction, and Pathway Cards (SPARKfamily.org)
- 2 sticks (optional)
- Music and player

Set

- Create large (30X30 paces) activity area.
- Scatter students within boundaries; ask them to spread out safely and establish their home base (first lesson without a spot marker or hoop).

GO!

- Home Base Review**

 - Were you able to find a home base without a spot to help you?
 - What did you do to make sure your home base is large enough? (Helicopter movement)
 - When you hear, "Go home!" where will you go? Correct, back to the home base you're at now.
- Rock and Roll**

 - Let's Rock and Roll! Three different people will roll 1 Movement Cube each. If one shows "Walk," the other says "Forward," and the 3rd shows "Zigzag," walk forward in a zigzag pathway.
 - Remember Rock and Roll because we'll do it again for a warm-up.
 - (Play until all 8 locomotor movements, all directions, and all levels are reinforced.)
- Introduce Tempos**

 - The speed we move is called the tempo. The tempo can be slow, medium, or fast.
 - Challenges – Can you...
 - o Walk slowly? (Intersperse "Go home," after every 2nd or 3rd challenge.)
 - o Skip at a medium speed (about half of full speed)?
 - o Gallop at a fast tempo safely?

TEMPOS AND CREATIVE MOVES

GO! (continued)

4. **Traffic Lights**
- o Side-slide at a medium tempo and touch 2 different sidelines with your foot?
 - o Run slowly around our activity area in this direction (point)?
 - o Jump quickly around the cone nearest you and back to home base?
 - o (Continue prompting students by combining various locomotor skills and tempos.)

- What colors are on a traffic light? What do these colors mean to drivers?
- In our game *Traffic Lights*, you are a car and need to obey the traffic lights.
- I'll choose students (4-6) to play the "traffic lights," and each of them will hold 1 red, yellow, or green ball.
- They'll try to softly touch others between shoulders and waist with their ball. This is called a "safe tag" or "2-finger tag."
- When you hear, "Traffic Lights," walk within our area at a medium tempo, trying to avoid the traffic lights (*taggers*).
- If tagged by a yellow traffic light, move slowly. If tagged by a green traffic light, move quickly. If tagged by a red traffic light, stop.
- If stopped, you may drive again when another driver gives you a high-five.
5. **Creative Words and Moves III**

- How would you walk on ice? On hot sand? In a strong wind? Through the jungle?
- Can you move like a: rabbit – cow – dog – snake – bird – duck – horse – fish? How about an angel – a scarecrow – a dragon?
- Can you move like: Lightning and thunder – rain – a snowflake?
6. **Wrap It Up**

- How are creative moves used in dance and sport? Who can give us an example?
- Instead of always driving a car to the park or store, ask a parent to walk or ride a bike with you if it isn't too far.
- Let's review our key word from today.

TEMPOS AND CREATIVE MOVES

*** SPARK * IT UP!**

*** Moving to the Beat**

(Need a drum or 2 sticks.) Move to the speed and rhythm of the beat. (Create a slow, even beat for a walk; a fast, even beat for a run; a loud, forceful beat for a jump; and a double, uneven beat for a gallop.) After each set of 16 beats, I will change the speed or rhythm of the beats. Can you change your movement patterns to the beat without stopping? (Practice different combinations of beats and movements.)

*** Add 1 for Fun**

(Have students create their own descriptive words and corresponding moves.)

ACADEMIC



Language Arts

(Read Action Alphabet by Marty Neumeier & Byron Claser; Jiggle, Wiggle, Prance by Sally Knoll; and/or Slither, Swoop, Swing by Alex Ayliffe.)

Social Studies

(In the classroom, ask which animals jump, hop, side-slide, gallop, leap.)

STANDARDS ADDRESSED

NASPE

- #1, 2 Spatial awareness, locomotor skills, tempos
- #3, 4 Cardiovascular endurance, participates in physical activities that are enjoyable and challenging
- #5, 6 Participates, appreciates, enjoys movement, cooperates in large group activities

Your State (Write in here)

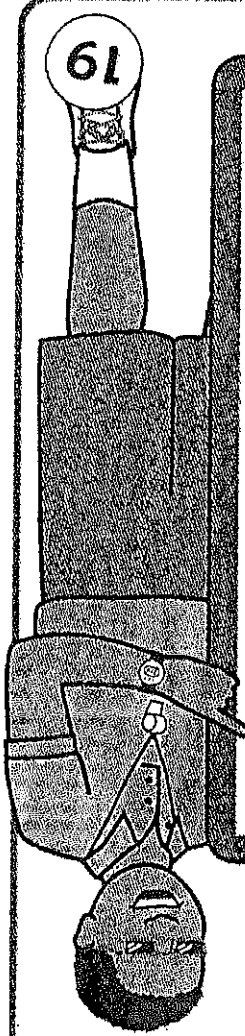
TONY'S TIPS

- Use music with varying tempos to help students move slower and faster.
- Choose a musical selection pertaining to cars and drivers (e.g., "Drive My Car" by the Beatles).
- Don't single out students with specific praise; others will watch and mimic their movements instead of being original.

Vocabulary

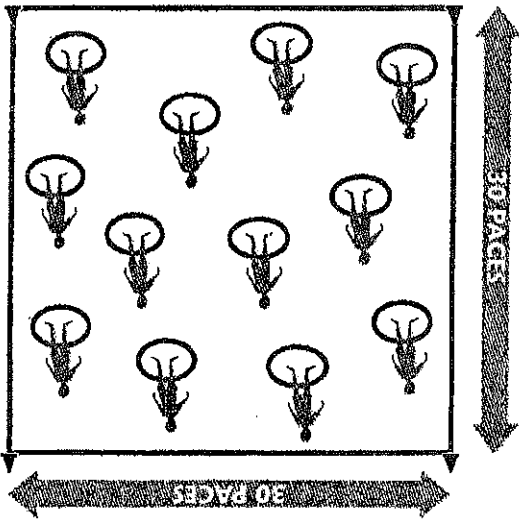
Set, beat, snowflake, scarecrow

NOTES





**BUILDING A
FOUNDATION**



Ready

- 1 hoop per student
- 4 cones (for boundaries)
- Music and player

Set

- Create large (30X30 paces) activity area.
- Scatter hoops within boundaries.
- Send each student to stand in 1 hoop.

GO!

1. Home Base Review

- Today, the hoop is your home base. We will move over, under, around and through our hoops in many ways.

- Leave your hoop on the floor unless I instruct you to pick it up or move it.

2. Challenges – Can you...

- Balance on 1 foot inside your hoop? The other foot? Try it with your eyes closed!
- Jump (on 2 feet) up and down 3X?
- Jump forward out of your hoop? Jump back in?
- Jump sideways out of your hoop and back in?
- Jump out the other side and back in?
- Jump backwards out of your hoop and back in?
- Jump in and out of your hoop 3 times?
- Do it again going in a different direction on each jump?
- Jump out very far? Land softly with knees bent.
- How many times can you jump in and out of your hoop in 15 seconds?
- Hop (on 1 foot) around the outside of your hoop? Switch feet, hop in the other direction?
- How quickly can you hop around your hoop on 1 foot? Switch feet and change direction.
- Leap gracefully over your hoop at a high level? Practice until the signal.
- Gallop around the outside of your hoop at a medium level? Gallop in the other direction at a high level.

MOVEMENT CONCEPTS USING HOOPS

GO! (continued)

3. **Musical Hoops**
 - Change feet and gallop to a different hoop, then return to your home base?
 - Side-slide around someone else's hoop and return to your home base?
 - Side-slide leading with a different foot around 2 hoops and return to home base?
 - Skip quickly around your hoop 3 times?
 - Skip in a curved pathway around 3 hoops and return to home base?
 - Move through your hoop from side to side?
 - Hold it up and move under and through it?
 - Hold it low and step over and through it?
 - Balance on your hands and feet over your hoop and hold. This is called a "4-point bridge."

3. **Musical Hoops**
 - This game is called *Musical Hoops*. When the music starts, leave your home base (hoop) and side-slide (or walk, skip, etc.) within our area. Don't step on or in a hoop.
 - When the music stops, find a hoop to stand in. (Play several rounds.)
 - Next round, I am going to remove several hoops. What do you suppose will happen? (They will share hoops with others.)
 - (Play until students are squeezed into the fewest number hoops safety allows.)

4. **Wrap it Up**

- How did you share when you played *Musical Hoops*?
- When you were in your hoops and posing, it looked like a creative dance. Has anyone ever been to a dance recital or a play where people were dancing?
- Let's review our key words and phrases from today while we stretch.

MOVEMENT CONCEPTS USING HOOPS

*** SPARK * IT UP!**

*** Musical Hoop Challenges**

(When 2 or more students are in a hoop.) Can everyone in your hoop pose at a different level? Can you pretend you are a sport player?

*** Math Magic**

(For use with Musical Hoops.) How many are in your hoop? Is it an even or odd number of students? Whose hoop has the most students? The fewest? If your hoop has more than 4 students, hop on 1 foot.

Do you have a hoop at home? If not, make a circle with a rope. Practice jumping around it, making bridges and leaping over it, hopping in and out of it, etc. What other tricks can you do with your hoop?

HOME

STANDARDS ADDRESSED

NASPE

- #1, 2 Spatial awareness, locomotor skills, manipulative skills
- #3, 4 Cardiovascular endurance, participates in physical activities that are enjoyable and challenging
- #5, 6 Participates, appreciates, enjoys movement, cooperates, in large group activities

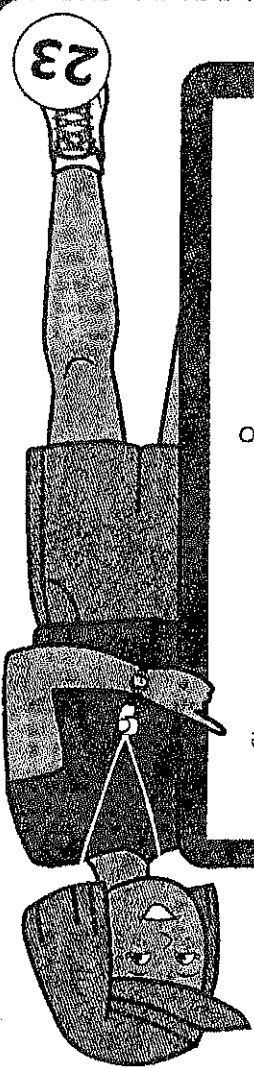
Your State (Write in here)

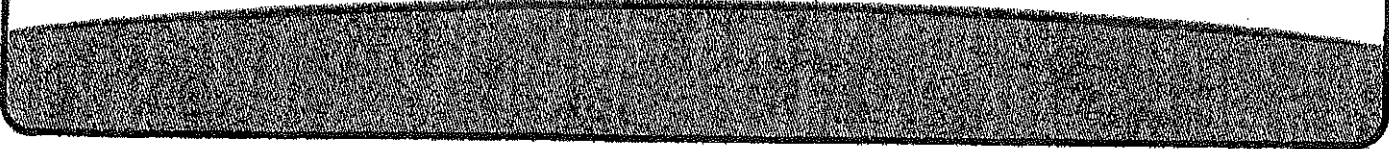
PAULA'S POINTERS

- This is the first lesson using a large manipulative. Give additional safety signals and/or spend more time reinforcing start and stop signals if needed.
- Before playing Musical Hoops, encourage children to watch for others looking for someone to play with and invite that person to join them in their hoop.
- Use Musical Hoops to teach/reinforce sharing and praise those that practice it.

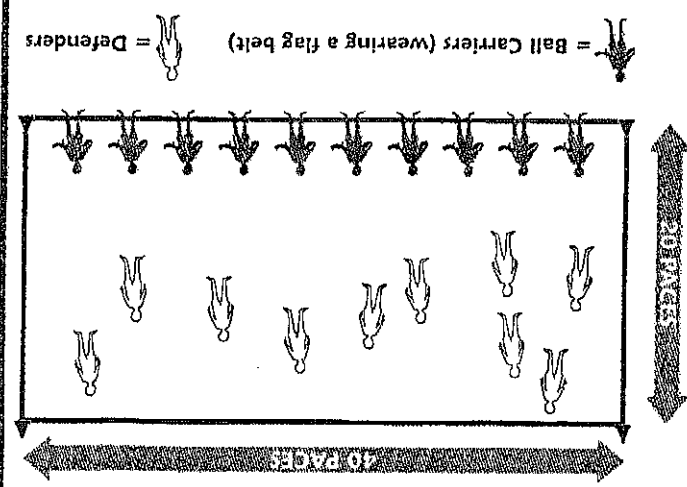
Vocabulary

Balance, odd, even, sharing





SPARK SKILL BUILDER
FLAG PULLING DRILLS



- Ready...**
- 1 football per 2 students
 - 1 flag belt or scarf per 2 students
 - 4 cones (for boundaries)

Set...

- Create large (20X40 paces) activity area.
- Form 2 groups; Ball Carriers and Defenders.
- Ball Carriers hold a ball, and wear the flag belt, and stand along 1 sideline.
- Defenders are scattered in middle of the area.

GO!

1. The object is for the Ball Carriers to run from 1 sideline to the other to score a touchdown, without having their flag pulled.
2. Those of you with a ball will run across the field to the other line when I say, "down, set, hike."
3. Defenders may not push, grab or shove the Ball Carriers, and you must stay on your feet when trying to pull a flag (no diving).
4. Ball Carriers are "down" if you fall, move out of bounds, or if a Defender pulls your flag.
5. If you make it across without having your flag pulled, you score 6 points.
6. If your flag is pulled, first, retrieve it, then hold it above your head to signal you are "down," and walk across the opposite sideline to get ready for the next play.
7. We'll switch roles/belts after 4 plays.

CUES

- * Defenders, stay on your feet.
- * Ball Carriers, fake and change directions quickly, and stay on your feet!
- * Ball Carriers, get your flag back to get ready for the next play.

CHALLENGES

- * Ball Carriers, score 1 touchdown to be a High School Standout; 2 to be a College All-American; 3 for All-Pro; and 4 makes you a SPARK All-Star!
- * Defenders, pull 1 flag to be a High School Standout; 2 to be a College All-American; 3 for All-Pro; and 4 makes you a SPARK All-Galaxy All-Star!

SPARK IT UP!

Turn Around

Defenders, begin with your backs turned to the Ball Carriers. We'll give them a 2-second start, and on signal, "Defenders," you may turn and chase.

Partner Pull

(Students are in pairs: 1 the Ball Carrier and 1 the Defender.) Defenders, you may only pull your partner's flag. Defenders start along the midline between sidelines. Ball Carriers will be spread along 1 sideline. On "down, set, hike," Ball Carriers try to run to the opposite line, while Defenders try to pull your partner's flags.

Pedometer

(Need 4-8 pedometers. There should be an equal number of Defenders and Ball Carriers wearing pedometer.) At the end of 4 plays, all Defenders, add your steps together for a group score, and all Ball Carriers, total your steps. Which group took more steps?

STANDARDS ADDRESSED

- NASPE**
- #1, 2 Spatial awareness, dodging, fleeing
 - #3, 4 Cardiovascular endurance
 - #5, 6 Cooperation, teamwork
- Your State (Write in here)*

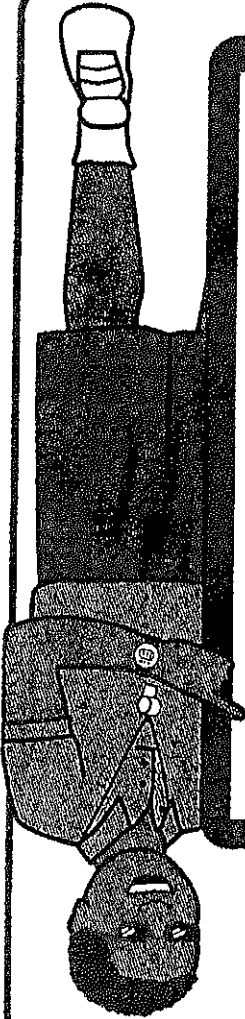
TONY'S TIPS

- Monitor closely for students playing too rough or using too much body contact.
- If you have flag belts for all, use them all to save time exchanging belts.
- In the beginning, have all students skip instead of run. This slows the game down. Progress to running when students seem capable of playing within the parameters of safety (i.e., not falling, minimal body contact, etc.).

NOTES

Grab a friend and mark off a space in your yard. How many different flag pulling games can you invent? Do using different locomotor skills make a difference? How does changing the size of the activity area impact the game? Create a list describing your variations. Indicate which were the most fun. Send it to us at **SPARK.**

HOME



COLOR TAG

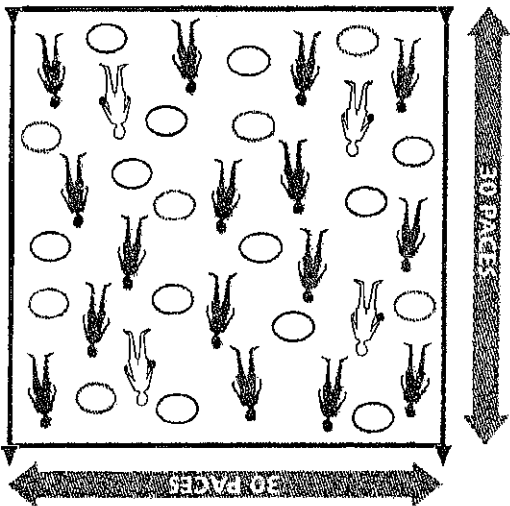


Ready

- 4 cones (for boundaries)
- 1 hoop per student (at least 3 different hoop colors)
- 4 fluffballs
- 1 spot marker per student (at least 3 different colors – optional)
- 1 deck of playing cards (optional)

Set

- Create large (30X30 paces) activity area.
- Scatter hoops and students within area.
- Designate 4 students as "It," and give 1 fluffball to each.



GO!

1. The object of Color Tag is to avoid being tagged by the "Its" by dodging or standing in the "safe" color hoop.
2. On the music, fast walk (then gallop, side-slide, skip, run) within our boundaries, and avoid being tagged by the Its' fluffball.
3. If you are tagged, take the fluffball and become an It.
4. Our 1st safe color hoop is (blue). You may only stand in a (blue) hoop for a count of 3; then you have to leave.
5. More than 1 person can be in a safe hoop.
6. Each round, I will call a new color that will be safe that round.
7. (Play 2-3 minutes, then stop and change the color.)
8. **Add 1 for Fun**
 - Instead of standing in your hoop, each round I'll give you something to do.
 - This time, do 3 push-ups!
 - (Change the task each round; e.g., 3 sit-ups, 3 jumping jacks, 3-second jog in place, 3 imaginary rope jumps, etc.)
9. **Wrap it up**
 - Who can tell us a strategy you used to avoid being tagged?
 - There are 3 primary colors. These are the colors all other colors are made from. Who can name 1 of them?
 - They happen to be the SPARK colors, too!

SPARK IT UP!

★ Spots of Color

(Scatter different colored spot markers within the area.) This time, we'll use spot markers instead of hoops for our safe areas. One more change: Only 1 person at a time may stand on a spot marker (for a count of 3)!

★ Cone Zone

Now we'll add 1 more twist. If you can touch 1 of our 4 cones without being tagged first, you may skip around the outside of our area (point direction) 1 time like a tree deer in the forest. Then come back in and join the game.

★ Card Counting

(Place a numbered playing card inside each hoop or under each spot.) There is a card hiding under your spot (or lying face down in your hoop.). This time, when you're in your safe color, look at the number on the card. The number represents how many seconds you can stay (or march in place, jog, etc.) in that hoop.

STANDARDS ADDRESSED

● **NASPE**

- #1, 2 Spatial awareness, locomotor skills, chasing and fleeing
- #3, 4 Participates in enjoyable, challenging activities, aerobic capacity
- #5, 6 Participates, appreciates, enjoys movement, cooperates in a group setting

Your State (Write in here)

PAULA'S POINTERS

- Children will often run outside the boundaries while fleeing a tagger. This is a learned skill over time, so stay positive and only encourage.
- If too many students run beyond your sidelines, either enlarge your boundaries or use more cones to designate the lines.
- Review safe tagging with a football if a lot of time has passed between tag games.

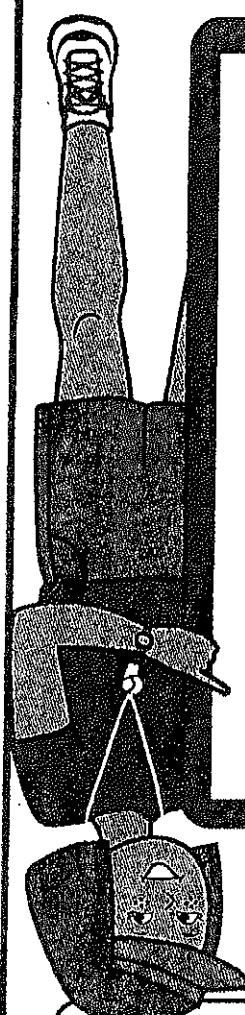
Vocabulary

Canvas

NOTES

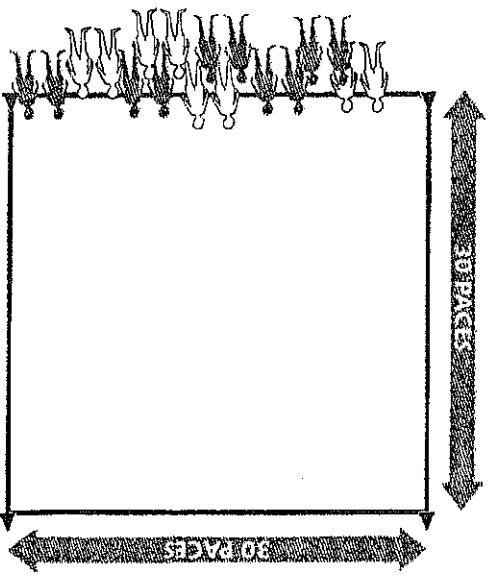
A fun way to stay healthy is by eating colorful fruits and vegetables. Yes, colors are good for you! Choosing a wide variety of colors means you'll eat many different vitamins and minerals. Pretend your plate is a blank canvas – that's what painters begin with. What kind of picture can you create using colorful fruits and vegetables? Remember, the 5 in SPARK stands for "Select fruits and vegetables." So add a little color to your plate, and make it a work of art!

HOME





BUILDING A FOUNDATION



Ready

- 4 cones (for boundaries)
- Choose a Chasing and Fleeing activity from Lesson 12 and gather the equipment
- Music and player
- Enough mats so students can perform activities on a soft surface. (optional)

Set

- Create a large (30X30 paces) activity area.
- Pair students and keep them nearby.

GO!

1. **Introduction to Fitness**
 - Your heart is a muscle, and to keep it strong, you must be active. The word active is part of the word activities. Running, playing tag, and jumping rope are activities that make your heart happy.

2. **Tag Game (Choose 1 from last lesson.)**
 - Today your heart will be very happy, because we'll play a tag game.
 - Before we begin, place your hand on your chest. Can you feel your heart beating? How fast is it beating? Are you breathing very hard right now? Let's be active for a while, then check again.
 - (Play a tag game(s), then have students feel their chests and check their breathing again.) Is your heart beating faster than it was before we started our game? Are you breathing heavier now? Why do you think that is?

3. **Workout Buddies**

- The activities we perform in class today help different muscles stay strong and healthy. I'll say the name of each exercise, we'll watch a brief demonstration, then you and your "workout buddy" (your partner), practice it together. When we're finished practicing, we'll all repeat the name of the exercise.
- (Ensure pairs spread out safely, then move to encourage and assist with technique.)
- **Abdominal Curl-Ups** — Lie on your back, bend your knees, and keep both feet flat on the floor. While sliding your hands along the floor, can you raise your shoulders off the floor? Return to the starting position and repeat.
- I'm looking for good form on these curl-ups. Do them slowly and gracefully.

o **Modified Push-ups** — Begin on your hands and knees. Is your back straight? Starting with your arms straight, can you bend elbows and lower your body to the floor? Then, push back up to the starting position and try it again.

o Can you do a perfect push-up? Is your back nice and straight?

o **Oblique Curl-ups** — Lie on your back, bend your knees, and keep your feet flat on the floor. Cross arms over chest. Can you twist so your R shoulder points toward your L knee as you raise your shoulders off the floor? Lie back to the starting position and repeat to the other side. Is it just as easy to curl to one side as the other? Who is keeping their arms across their chest? Can you do this exercise with perfect form?

o **Forward Lunges** — Stand with your feet together. Take a large step forward, bending your front knee. Hold your arms out to their sides for balance. Push off your front foot, to return to the starting position. Alternate your front foot each time. Can you hold your balance each time you lunge? Try not to wiggle much.

o **Side Lunges** — Stand with your feet together. Take a large step R with your R foot, bending your R knee to no less than 90 degrees (*show/explain*). R foot must be farther forward than your front knee. Hold your arms out to their sides. Push off your R foot and return to the starting position. Repeat to your L. Which type of lunge is easier for you — forward or side? When you lunge, which foot do you balance on better — R or L?

o **Squats** — Stand with your feet flat on the floor about shoulder-width apart (toes slightly turned out). Keep your abdominals (tummy) tight and back straight. Slowly squat until your bottom is nearly equal with your knees, then push back up to the starting position. Hold your body in an upright position and avoid leaning forward. Try pointing your toes out a little and looking up at the sky when you squat.

o **Ticeps Dips** — Use a chair, bench or crab-walk stance (weight on hands and feet while facing up). Turn your hands so fingers face your feet. Bend and straighten your elbows to lower and raise your body. Can you keep your back straight while you do these?

4. Wrap It Up

- Name some activities we did today that made your heart beat faster.
- Why does exercise make your heart healthy (because it's a muscle and strengthens with use)?
- Which skills or sports might you perform better with stronger muscles?
- Let's review today's key words and phrases while we stretch.

**FITNESS
INTRODUCTION**



★ **Playground Fitness**

The following exercises are appropriate for each grade level using playground equipment:

- K – Hang from overhead bars for increasing periods of time. Climb a ladder, jungle gym, or similar apparatus.
- 1st – Travel hand-over-hand along a horizontal ladder or hang from an overhead bar.
- 2nd – Travel across the horizontal ladder 1 bar at a time.

★ **Introduction to Fitness Stations**

(Make cards showing the different exercises instructed in today's class and post them throughout your teaching environment.) The exercises we learned today are on cards posted around our room (classroom, gym, playground, etc.). I'll combine 2 workout buddies to make groups of 4, then send your group to a station. When the music plays, practice the activity at the station. When it stops, everyone in your group moves this way (point) to the next station. We'll keep going until you've circled our room at least once.

★ **Add 1 for Fun**

(Add non-exercise stations – e.g., dribble a ball, toss and catch a beanbag, jump over ropes laid on the floor, etc.)