

**Teacher:** Clark Kuhn **Subject:** Practical Living (P.E./Health/Career/Consumerism) **Week:** August 9-11th **Topic:** Rules, procedures, making friends, back to school, movement, football (throwing)

Name: Clark Kuhn Subject: Date: Week of 8.31 - 9.3.2020 PE, SEL, Career, & Health Topics: Topics: dynamic stretching, warm-up, P.E., Health, Career, SEL

<h2 style="text-align: center;">K-5th Lesson plans</h2>	<p><b><u>Standards and "I can" statements: K-5th</u></b></p> <p>Kindergarten Health: I can describe the importance of talking with parents and other trusted adults about feelings. K.1.3. P.E: I can explore a variety of locomotor movements, traveling in different directions. K.1.L1</p> <p>1st Health: I can identify appropriate ways to express and deal with feelings. 1.1.4. P.E.: I can perform a variety of locomotor movements using different body parts. 1.1.L1</p> <p>2nd Health: I can identify the benefits of healthy peer and family relationships. 2.1.3. P.E. I can perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways. 2.1.L1</p> <p>3rd Health: I can describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion. 3.1.3. P.E.: I can perform, alone and with others, a variety of locomotor movements at different levels, and in different pathways and directions, with and without equipment. 3.1.L1</p> <p>4th Health: I can identify feels</p>	<p><b><u>Vocabulary:</u></b></p> <p>warm-up, dynamic stretching, P.E., Health, Career, SEL, empathy, literacy, exercise, emotions,</p>	<p><b><u>Mini lesson:</u></b> Monday Live (K-5): Using Zoom, I will begin the meeting by reviewing behavior expectations such as being active during movement, staying muted during instructions, raising your hand, wait for the teacher to call on you, then unmute your microphone. I will also go over class expectations, such as attending zoom meetings, and where to find and turn in assignments. Then I will go over the grade specific "I can" statements.</p> <p>Tuesday &amp; Wednesday: No mini-lesson, see below for activity link.</p> <p>Thursday Live: Brief review of previous lessons, then I will go over the grade specific "I can" statements.</p> <p><b><u>Warm-up:</u></b> (P.E.) Monday Live: K-5th will warm up by dynamic stretching (first three warm ups activities) with a youtube.com video link <a href="https://www.youtube.com/watch?v=aW_JqSK-CgY">https://www.youtube.com/watch?v=aW_JqSK-CgY</a></p> <p>Tuesday &amp; Wednesday: No warm-up, see below for activity link.</p> <p>Thursday Live: K-2nd will warm up by dynamic stretching with Batman and a youtube.com video link <a href="https://www.youtube.com/watch?v=HVdBIK3jVqw&amp;t=1s">https://www.youtube.com/watch?v=HVdBIK3jVqw&amp;t=1s</a> 3rd-5th grade students will warm up by dynamic stretching along with a dance tutorial Victor Spardaro (I believe That We will Win). <a href="https://www.youtube.com/watch?v=31x-Wy0s_xA&amp;t=1s">https://www.youtube.com/watch?v=31x-Wy0s_xA&amp;t=1s</a></p> <p><b><u>Mini lesson (Health):</u></b> Monday Live: (K-2nd) Students will watch a video from jrbrainpop.com about the importance of regular exercise. The teacher will choose students to answer questions about the benefits of exercise (3rd-5th) Students will watch a video from brainpop titled "Back to School 2020". Students will take a multiple choice quiz and will respond by holding up the correct answer on a piece of paper.</p> <p>Tuesday &amp; Wednesday: No Health, see activity link below.</p>	<p><b><u>Weekly Assessment:</u></b></p> <p>X Observation X Participation X Oral responses -- Self-Evaluation -- ORQ X Whole Class -- Small Group X- Individual X Product (drawing, written response)</p> <p><b><u>Formative and Summative Assessments</u></b></p> <p>-- Entrance (flashback) and Exit Slips</p> <p>X Oral Questions</p> <p><input type="checkbox"/> Student Self-Assessment</p>
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and emotions associated with loss and grief and depression and sadness and explain what it means to be emotionally healthy. 4.1.3. P.E.: I can perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and traveling in different directions. 4.1.L1

5th Health: I can list physical and emotional reactions to stress and identify positive and negative ways of dealing with stress and anxiety. 5.1.3. P.E.: I can explore different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels using different pathways in game-like situations. 5.1.L1

Thursday Live: K-5 students will watch a video from youtube defining PE & Health Literacy Part 1.

[https://www.youtube.com/watch?v=\\_okRtLv-7Sk](https://www.youtube.com/watch?v=_okRtLv-7Sk)

**P.E. Activity #1:** Monday Zoom Live: Primary (K-2<sup>nd</sup>) & Intermediate (3<sup>rd</sup>-5<sup>th</sup>) Students will watch and participate in a Avengers Endgame Fitness Activity through zoom via a youtube link.

<https://www.youtube.com/watch?v=S3JPB00Qdaw&t=96s>

Tuesday Link to PE Activity: Students will complete the Bottle Flip Chaos Challenge by clicking on the following link.

<https://www.youtube.com/watch?v=AZd8oJv6LIM&t=65s>

Students will flip a water bottle twice and get a point each time they land the bottle. After two attempts they must complete jumping jacks.

Students will have one minute to score as many points as they can get in one minute. For every 3 jumping jacks you earn 2 bottle flips.

Wednesday Link to SEL/Health Activity: K-5th Students will watch a clip from the movie Inside Out.

<https://www.youtube.com/watch?v=QT6FdhKriB8> Joy uses distraction to try and help him feel better, sadness used empathy. K-2nd grade students can illustrate a picture of a time they helped another person. 3<sup>rd</sup>-5<sup>th</sup> can answer the question, "Write about a time you or someone you know used empathy to help another person?"

Thursday Zoom Live: Students will get a pillow and will watch the video Pillow Flipper. Once students understand, students will participate in the activity. <https://www.youtube.com/watch?v=TOdkm4ICRJU>

Students complete 5 jumping jacks, flip over a pillow, land on the pillow and score a point. Then complete 5 more jumping jacks. Repeat for one minute. Student with the highest score wins.

**Differentiated Instruction:** Monday Zoom Live: Students will get to choose which locomotor activity they want to complete while the split screen video is shown.

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			<p>Tuesday PE Link: Students that cannot do jumping jacks correctly may just jump up and down three times.</p> <p>Wednesday Link: SEL/Health Activity: K-5th grade students can choose how they want to answer the question through pictures, words or orally. These will be shared during the live Thursday meeting.</p> <p>Thursday Live: Some of the primary students may not be able to perform jumping jacks. Younger students may jump in the air 5 times, then jump on the pillow. If younger students have trouble counting to 5, they can jump in the air and then jump on the pillow as an alternative activity.</p> <p><b><u>Assessments/Exit Slip:</u></b> Monday Zoom Live: Participating in the Avengers Endgame Fitness Activity.</p> <p>Wednesday Link: SEL/Health Activity: K-2nd grade students can illustrate a picture of a time they helped another person. 3rd-5th can answer the question, “Write about a time you or someone you know used empathy to help another person?”</p> <p>Thursday Zoom Live: Observation: Did students follow directions and perform the activity correctly?</p> <p><b><u>Review &amp; Class Discussion:</u></b> Monday Live: (K-5th) If time permits, I will briefly review all content that was shared. Students will get a brief opportunity to share the name of their favorite superhero and what they did over the summer for exercise.</p> <p>Tuesday &amp; Wednesday: Independent at home activity, no class discussion.</p> <p>Thursday Zoom Live: If time permits, I will briefly review all content that was shared. Students will get a brief opportunity to share an oral, written, or drawn picture over Zoom related to the “Inside Out” clip shown on Wednesday. Students can demonstrate the bottle flip chaos activity from Tuesday during discussion time.</p>	

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Special Education Modifications and 504 plans are located in the back of Mr. Kuhn's lesson plan binder.