

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 9.21 - 9.28.2020 PE, SEL, Career, & Health Topics: Topics: dynamic stretching, bag toss, Stress, Architect, handwashing, COVID-19

<p>K-5th Lesson plans</p>	<p><u>Standards and “I can” statements:</u> <u>K-5th</u></p> <p>Kindergarten Health: I can identify the benefits of healthy peer and family relationships (through reducing stress). K.1.7 P.E: I can explore a variety of locomotor movements, traveling in different directions. K.1.L1</p> <p>1st Health: I can explain how family influences personal health decisions and behaviors (dealing with stress). 1.2.1. P.E.: I can perform a variety of locomotor movements using different body parts.</p>	<p><u>Vocabulary:</u></p> <p>warm-up, dynamic stretching, architect, stress, toss, catch, literacy, handwashing, Covid-19</p>	<p>Mini lesson: 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, not using the chat feature with peers. 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>Mini lesson: Tuesday & Wednesday & Thursday: No mini-lesson, see below for activity link.</p> <p>Mini lesson: Friday Live: Brief review of previous lessons, then I will go over the grade specific “I can” statements.</p> <p>Warm-up: Monday: Dynamic Stretching K-5th on Monday https://www.youtube.com/watch?v=aW_JqSK-CgY (3:16-7:00)</p> <p>Warm-up: Tuesday & Wednesday & Thursday: Student choice at home.</p> <p>Warm-up: Friday: Stretching with Spiderman K-2nd, 8 Minute Kids Workout with Spiderman/The TV Body Coach https://www.youtube.com/watch?v=2X1p0Yd6WAo</p> <p>Warm-up: Friday: Stretching with Dance 3-5th https://www.youtube.com/watch?v=31x-Wy0s_xA&t=1s</p> <p>Health: Monday Live: K-5th: Intro to Physical & Health Literacy 1 (Monday) https://www.youtube.com/watch?v=_okRtLv-7Sk&t=2s</p>	<p><u>Weekly Assessments:</u></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><u>Formative and Summative Assessments</u></p> <p>-- Entrance (flashback)</p>
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1.1.L1

2nd Health: I can explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop (and reduce stress). 2.1.2.

P.E. I can perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways. 2.1.L1

3rd Health: I can describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion (and stress). **P.E.:** I can

Health: Tuesday & Wednesday & Thursday: No at Home Health Lesson.

Health: Friday Live: K-2nd: Handwashing (jrbrainpop.com) Friday <https://jr.brainpop.com/health/bewell/washinghands/>

Health: Friday Live: 3rd-5th: Coronavirus (brainpop.com) Friday <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Activity #1: Monday Live: Primary (K-2nd) & Intermediate (3rd-5th) Students will watch and participate in a DC Superheroes Fitness Activity through zoom via a youtube link. <https://www.youtube.com/watch?v=u8IZfNrA17w>

Activity #1: Tuesday Link to PE: K-5th Grade Students will choose The Avengers or DC Fitness Challenge. <https://www.youtube.com/watch?v=S3JPB00Qdaw&t=97s>
<https://www.youtube.com/watch?v=u8IZfNrA17w>

Activity #1: Wednesday Link to SEL/Health: K-2nd Grade Students will watch the A - Z of Coping Strategies (stress) Illustrate you exercising <https://www.youtube.com/watch?v=5EXpkVw3fh0>

(3rd-5th) Stress Management Tips for Kids (Write & draw 2 ways to cope w/ stress) <https://www.youtube.com/watch?v=3Nf2Pzcketg>

Activity #1: Thursday Link to PE: Students will participate in the Red Light, Green Light Game <https://www.youtube.com/watch?v=2svEVs-gRog>
(3rd-5th) Active Game: Flip It (materials: dice & paper plates)

and Exit Slips

X Oral Questions

Student Self-Assessment

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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

4th Health: I can identify personal stressors at home, in school and with friends. 4.1.5 **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 pathway and traveling in different directions.

<https://www.youtube.com/watch?v=pkEuSNplOtg>

Activity #1: Friday Live: Scarf Challenge from Pete: Students will get a plastic grocery bag and will watch the video Pillow Flipper. Students Once the activity is modeled, students will participate in the activity. Students will toss and catch the bag using a variety of techniques and locomotor movements.

<https://www.youtube.com/watch?v=yUWZn8QcMes>

Differentiated Instruction & Assessment/Exit Slip

Monday Live: K-5th Grade Students will get to choose which locomotor activity they want to complete while the split screen video is shown. Visual observation while students are exercising to ensure they are using proper form and technique.

Tuesday PE Link: K-5th Grade Students will get to choose which locomotor activity they want to complete while the split screen video is shown. Students can send a video of themselves participating in the physical activity.

Wednesday Link: SEL/Health Activity: K-2nd grade students will illustrate and write about what exercises or physical activities they like to perform that reduce stress. These will be shared during the live Friday meeting or through See Saw. 3rd-5th grade students will write and illustrate 2 different ways that they can reduce stress. Photos of their work can be shown during the Friday zoom meeting or pictures of their work can be sent through google classroom.

Thursday Link: (K-2nd) grade students can complete the Red Light, Green Light game at their own tempo and skill level depending on ability. Students can send a video of themselves participating in the physical activity. Students can send a video of themselves participating in the physical activity. (3rd-5th) grade students will complete the Flip It game at their own tempo and skill level depending on ability and their available equipment. Students can send a video of themselves participating in the physical activity.

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		<p>4.1.L1</p> <p>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> <p><u>P.E.:</u> 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.</p> <p>5.1.L1</p>		<p>Friday Live: Students can substitute objects or slow down their tempo in order to accommodate their individual needs. Visual observation while students are exercising to ensure they are using proper form and technique.</p> <p>Review & Class Discussion</p> <p>Monday Live: If time permits, I will briefly review all content that was shared. (K-2nd) grade students will give an example of what they like to do to be physically active, since physical activity reduces stress. 3rd-5th grade students will give an example of what they do in their lives to reduce stress.</p> <p>Tuesday & Wednesday & Thursday: Independent at home activity, students can write down any questions and share them during the Friday zoom meeting. Questions or comments can also be emailed.</p> <p>Friday Live: If time permits, I will briefly review all content that was shared throughout the week. Students will get a brief opportunity to share an oral, written, or drawn picture over Zoom related to the exercises they like to perform (K-2nd) or two strategies they can use to reduce stress (3rd-5th).</p>	
				<p>Week of September 28th (K-2nd) in person (+20 minutes of instruction)</p> <p><u>In Person Warm-up</u></p> <p>Dynamic Stretching K-5th on Tuesday</p>	

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https://www.youtube.com/watch?v=aW_JqSK-CgY

Quick & Easy Warm Up Fitty Kid on Wednesday

<https://www.youtube.com/watch?v=LACU9FqY3-8&t=2s>

Stretching with Batman K-2nd on Thursday

<https://www.youtube.com/watch?v=HVdBIK3jVqw&t=2s>

In Person (K-2nd) Health

Monday: Draw you being active.

Tuesday: Draw you being safe. Draw you being nice to friends.

Wednesday: Draw you doing something that helps you deal with stress.

Thursday: Teacher will read/discuss “Healthy Eating” .

Friday: Take a quiz on handwashing from brainpop.com.

In Person (K-2nd) Exercise/Game

Tuesday: Avengers Fitness Challenge

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			<p>https://www.youtube.com/watch?v=S3JPB00Qdaw&t=107s</p> <p>Wednesday: Yes or No Challenge</p> <p>https://www.youtube.com/watch?v=rJcGzFyvNMA</p> <p>Thursday: Red Light, Green Light</p> <p>https://www.youtube.com/watch?v=2svEVs-gRog&t=1s</p>	
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Special Education Modifications and 504 plans are located in the back of Mr. Kuhn's lesson plan binder.