**Grades 3 and 4 PE Plans Week 5**

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| **Week 5 Day 1** |
| **OBJECTIVE:**  Students will be able to attend to appropriate types and amounts of physical activity to enhance personal health.   |
| **STANDARD(S):** **2.6.6.A.2** Determine to what extent various activities improve skill-related fitness versus health related fitness.   **2.6.6.A.3** Develop and implement a fitness plan based on the assessment of one’s personal fitness level, and monitor health/fitness indicators before, during, and after the program.   **2.6.6.A.5** Relate physical activity, healthy eating, and body composition to personal fitness and health.  **2.6.6.A.6** Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.   |
| **TIME FRAME:** 21 minutes of physical activity per day    |
| **Activity Directions:** Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.   -jump in place: 1 min  -squats: 25                           -crunches: 30  -mountain climbers: 30     -lunges: 20 each leg  -Take a 2 min rest and repeat Video: <https://www.youtube.com/watch?v=40uEcTuqIvM> Kidz pop fright song  |

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| **Week 5 Day 2** |
| **OBJECTIVE:** Students will be able to attend to appropriate types and amounts of physical activity to enhance personal health.   |
| **STANDARD(S):** **2.6.6.A.2** Determine to what extent various activities improve skill-related fitness versus health related fitness.   **2.6.6.A.3** Develop and implement a fitness plan based on the assessment of one’s personal fitness level, and monitor health/fitness indicators before, during, and after the program.   **2.6.6.A.5** Relate physical activity, healthy eating, and body composition to personal fitness and health.  **2.6.6.A.6** Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.    |
| **TIME FRAME:** 21 minutes of physical activity per day   |
| **Activity Directions:**   Do the exercise for 1-minute and then take a 30 second rest after each exercise before moving onto the next exercise. Repeat  -hop in place      -squats        -lunges  -crunches            -mountain climbers      Video: <https://www.youtube.com/watch?v=_NWYeVyZz9I>  Purple Stew   |