**Grade 5 PE Plans WEEK 5**

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| **Day 21 4/21/20**  |
| **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: Complete work out and you tube video posted below** Do the exercise for 1-minute and then take a 30 second rest after each exercise before moving onto the next exercise. Repeat  -jumping jacks           -squats            -push ups    -mountain climbers             -High knees in place   Video: <https://www.youtube.com/watch?v=40uEcTuqIvM> Kidz Bop Fight Song   |

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| **Day 2 PE Plans** |
| **OBJECTIVE: 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: Complete the exercise and follow along to the video posted below** 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=f\_oGxIt4PRA&t=3s**](https://www.youtube.com/watch?v=f_oGxIt4PRA&t=3s) **Moose Tube Stay on the Sunny Side**  |