***Week 7 GRADE 5– Physical Education***

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| **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: complete workout and 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  -high knees in place                 -squats  -plank          -jumping jacks      -lunges   Video: <https://www.youtube.com/watch?v=dNL6RwymoNg> MILKSHAKE  |

***Grade 5– Physical Education***

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| **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: Complete workout and video**  Do the exercise for 1-minute and then take a 30 second rest after each exercise before moving onto the next exercise. Repeat  -run in place            -side jumps           -crunches  -push-ups                 -mountain climbers   Video: <https://www.youtube.com/watch?v=Hl5dRW4E9hc> All I eat is PIZZA   |