**Garfield Public Schools**

**Remote Learning**

**Lesson Plans**

***Physical Education- Grades K-2***

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| **Week 8 - Day 1** |
| **OBJECTIVE: OBJECTIVE:** Students will be able to attend to appropriate types and amounts of physical activity to enhance personal health. |
| **STANDARD(S):**  **2.6.2.A.1** Explain the role of regular physical activity in relation to personal health.  **2.6.2.A.2** Explain what it means to be physically fit and engage in moderate to vigorous age appropriate activities that promote fitness  **2.6.2.A.3** Develop a fitness goal and monitor progress towards achievement  **2.1.2.A.2** Use correct terminology to identify body parts, and explain how body parts work together to support wellness.  **2.1.2.A.1** Explain what being “well” means and identify self-care practices that support wellness |
| **TIME FRAME:** 20 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.**  **There is a health video below. Have your child watch the video and email me one thing your child learned from the video.** Lsmith@gboe.org    **Run In place: 30 Seconds**  **Lunges: 10 Each Leg**  **Frog Jumps: 15 times**  **Mountain Climbers: 15 times**  **Plank: 20 Seconds**      **Health Video:** [How Your Muscles Work - YouTube](https://www.youtube.com/watch?v=f_F5UwtdPOc&list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z&index=4)  <https://www.youtube.com/watch?v=f_F5UwtdPOc&t=30s>  ALL Videos can be found on my web page the Health videos are under the Health Videos Tab |

***Physical Education- Grades K-2***

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| **Week 8- Day 2** |
| **OBJECTIVE: OBJECTIVE:** Students will be able to attend to appropriate types and amounts of physical activity to enhance personal health. |
| **STANDARD(S):**  **2.6.2.A.1** Explain the role of regular physical activity in relation to personal health.  **2.6.2.A.2** Explain what it means to be physically fit and engage in moderate to vigorous age appropriate activities that promote fitness  **2.6.2.A.3** Develop a fitness goal and monitor progress towards achievement  **2.1.2.A.2** Use correct terminology to identify body parts, and explain how body parts work together to support wellness.  **2.1.2.A.1** Explain what being “well” means and identify self-care practices that support wellness |
| **TIME FRAME:** 20 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**.  **There is a health video below. Have your child watch the video and email me one thing your child learned from the video.** Lsmith@gboe.org    **Squat Kicks- 20**  **Squat Jumps- 20**  **Jumping Jacks- 20**  **Hop on one foot (Switch feet)- 15 times**  **Crab walk- 15 steps**        **Health Video- Why do we brush our teeth**  <https://www.youtube.com/watch?v=aOebfGGcjVw&t=34s> |