***Grades 3 and 4 Week 8***

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| **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:**  **Please watch the health video below. You can find it on my web page under health videos. Email me one fact you learned from the video. Lsmith@gboe.org**    **Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.**    **Do the exercise for 1-minute and then take a 1-minute rest after each exercise before moving onto the next exercise. Repeat**  **-jumping jacks -squats -push ups**  **-mountain climbers -High knees in place**    **Health Video: 1**  How your muscles work- YouTube  <https://www.youtube.com/watch?v=f_F5UwtdPOc&t=30s> |

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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):**  **2.6.2.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:**  **Please watch the health video below. You can find it on my web page under health videos. Email me one fact you learned from the video. Lsmith@gboe.org**    **Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.**    **Do the exercise for 1-minute and then take a 1-minute rest after each exercise before moving onto the next exercise. Repeat**    **-high knees in place -squats**  **-plank -jumping jacks -lunges**      **Health Video: Why we brush our teeth - YouTube**    **https://www.youtube.com/watch?v=aOebfGGcjVw** |