***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**      |