

PHYSICAL EDUCATION



<p>Mr. Stypa</p> <p>Email: jstypa@nfschools.net</p>	<p>Week Of: May 11th</p> <p>Grade Level: 5th</p>
<p>Lesson Title:</p> <p>Rock, Paper, Scissor Fitness</p>	<p>NYS Learning Standard:</p> <p><i>1a. Students will perform basic motor and manipulative skills. Students will attain competency in a variety of motor and sports activities.</i></p> <p><i>2b. Students will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression & communication.</i></p>
<p>Warm Up:</p> <p>20 Jumping Jacks, 10 Push Ups, 10 Sit Ups: Complete 2 times.</p>	
<p>Activity:</p> <p>Please see the Rock Paper Scissor Attachment. It describes multiple activities using the basic rock, paper, scissor game. Pick one or more activity to do throughout the week.</p>	
<p>Cool Down:</p> <p>Drink a large glass of water, do 5 minutes of light stretching and wash your hands.</p>	