

PHYSICAL EDUCATION



<p>Mr. Stypa Email: jstypa@nfschools.net</p>	<p>Week Of: May 25th Grade Level: 5th Grade</p>
<p>Lesson Title: Invisible Dumbbell Stations</p>	<p>NYS Learning Standard: <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>Warm Up:</p> <p>Perform: 20 Jumping Jacks, 10 Push Ups, 20 Stomach Curls & 20 Jumping Jacks</p>	
<p>Activity:</p> <p>Invisible Dumbbell Stations: Please see the attachment, read page one and then perform the 6 different stations. All station pages include an explanation of the exercise and how to complete the skill.</p>	
<p>Cool Down:</p> <p>Take 5 minutes to stretch and cool down, drink a large glass of water and don't forget to wash your hands.</p>	