

Teacher Instructional Plan

Mr. Tirabassi

Lesson 8 Fitness 6th grade week of May 25, 2020

New York Standards 1&2

Warm-up 10- 15 Minutes total each Warm –up repeat 3 x

Jog in Place 1 min. increments followed by 2 min rest

Skip in place

Scissor Jumps

Side jumps

Forward and Back Jumps

Balance Exercises 3-4 min (30 sec hold each leg)

Airplane Balance (r & l)

Right foot forward

Left foot forward

Right out in front

Left foot out in front

After the Spelling Activity Game on Next Page complete the cool down stretches

Cool Down Stretches 30 seconds each

Right arm pull across

Low Back

Left arm pull across

Pretzel

Right arm Tri-cep pull down

Hurdler

Left arm Tri-cep pull down

Butterflies

Standing Reach down touch toes (bend at waist)

Sit & Reach

1. Spell your name
2. Use the diagram below match the letters to perform activities
3. Each letter/activity is done 10 times
4. Have fun exercising and moving!!!!
5. Example

D=10 Wall sit, A= 10 Jumping Jacks, V= High Knees, E= Run in Place

Name Fitness

<p>Jumping Jacks:</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">A, J, Q, Z</p>	<p>CRUNCHES</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">B, I, Q, R</p>
<p>RUSSIAN TWIST</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">C, K, S</p>	<p>WALL SIT</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">D, L, T, X</p>
<p>RUNNING IN PLACE</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">E, M, U</p>	<p>HIGH KNEES</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">F, N, V</p>
<p>BURPEES</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">G, O, W</p>	<p>SHOULDER TOUCHES</p>  <p style="background-color: #c8e6c9; padding: 5px; display: inline-block;">H, P, Y</p>

HAPPY SPELLING!