



Physical Education Weekly Lesson

<p>Week Of: April 6th</p>	<p>Grade Level: 5th Grade</p>		
<p>Lesson Title:</p> <p style="text-align: center;">Alphabet Fitness <i>(Getting back to being active)</i></p>	<p>NYS Learning Standard:</p> <p style="color: red;">PERSONAL HEALTH AND FITNESS <i>1b. Students will design personal fitness programs to improve cardio respiratory endurance, flexibility, muscular strength, endurance, and body composition</i></p>		
<p>Warm Up: Put on your favorite song and while it is playing move your body around as much as possible; jumping jacks, running in place, stretching, walking up and down stairs etc.</p>			
<p>Activity:</p> <p>Perform the exercises that correspond with the letters of the words that answer the daily questions below:</p> <p>Monday: What is your Full Name? Tuesday: What are your 3 Favorite Foods? Wednesday: Who is your P.E. Teacher and what is your Favorite Sport? Thursday: What is your Favorite T.V. Show and Favorite Movie? Friday: Who is your Favorite Singer and what is your Favorite Song?</p>			
<div style="border: 2px solid blue; padding: 5px; background-color: #e0e0e0;"> <h2 style="margin: 0; color: red;">ALPHABET FITNESS KEY</h2> </div>			
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>A = 40 Jumping Jacks B = 20 Crunches C = 30 Squats D = 10 Pushups E = 20 Mountain Climbers F = 10 Burpees G = 10 Arm Circles H = 20 Squats I = 30 Jumping Jacks J = 30 High Knees K = 10 Pushups L = 25 Lunges M = 20 Burpees</p> </td> <td style="width: 50%; vertical-align: top;"> <p>N = 20 Second Plank O = 40 Jumping Jacks P = 15 Arm Circles Q = 30 Crunches R = 15 Pushups S = 15 Mountain Climbers T = 30 Second Wall Sit U = 15 Squats V = 15 Burpees W = 30 Jumping Jacks X = 15 Crunches Y = 10 Pushups Z = 1-Minute Wall Sit</p> </td> </tr> </table>		<p>A = 40 Jumping Jacks B = 20 Crunches C = 30 Squats D = 10 Pushups E = 20 Mountain Climbers F = 10 Burpees G = 10 Arm Circles H = 20 Squats I = 30 Jumping Jacks J = 30 High Knees K = 10 Pushups L = 25 Lunges M = 20 Burpees</p>	<p>N = 20 Second Plank O = 40 Jumping Jacks P = 15 Arm Circles Q = 30 Crunches R = 15 Pushups S = 15 Mountain Climbers T = 30 Second Wall Sit U = 15 Squats V = 15 Burpees W = 30 Jumping Jacks X = 15 Crunches Y = 10 Pushups Z = 1-Minute Wall Sit</p>
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<p>Cool Down: Play your favorite song again and while it's on; do some light stretching, take 10 deep breaths and drink a large glass of water.</p>			