

# PHYSICAL EDUCATION



<b>Week Of:</b> <b>April 27<sup>th</sup> to May 3rd</b>	<b>Grade Level:</b> <b>5<sup>th</sup> Grade</b>
<b>Lesson Title:</b>  <b>Introduction to the SHAPE America Calendar</b>	<b>NYS Learning Standard:</b>  <i>1a. Students will perform basic motor and manipulative skills. Students will attain competency in a variety of motor and sports activities.</i> <i>2b. Students will understand that physical activity provides the opportunity for enjoyment, challenge, self-expression &amp; communication.</i>
<b><u>WARM-UP:</u></b> <b>Perform:</b> <b>10 Jumping Jacks- Rest 30 Seconds- 10 Push Ups- Rest 30 Seconds- 10 Sit ups- Rest 1 minute. Repeat 4 more times by subtracting 2 repetitions from each exercise for each round (10-8-6-4-2) totaling 5 rounds. = 30 of each Jumping Jacks, Push Ups and Sit Ups.</b>	
<b><u>ACTIVITY:</u></b> <p>Take a look at the SHAPE America Calendar, find today's date and complete the given task. You can also complete tasks from days that have passed if you wish and are encouraged to look ahead at some of the activities to come.</p> <p>We will use calendars like this one in the weeks to come as warm ups or cool down activities.</p> <p>At this time please refer to the attached document for today's activity.</p>	
<b><u>Cool Down:</u></b> <p>Put on a calming song, or anything that helps you relax. Pick your favorite stretches for your upper, middle and lower body and perform them for the duration of the song.</p> <p>When done, please drink a big glass of water and wash your hands.</p>	