

PHYSICAL EDUCATION



Mr. Stypa Email: jstypa@nfschools.net	Week Of: May 25 th Grade Level: 5 th Grade
Lesson Title: Invisible Dumbbell Stations	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>
Warm Up:	
Perform: 20 Jumping Jacks, 10 Push Ups, 20 Stomach Curls & 20 Jumping Jacks	
Activity:	
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.	
Cool Down:	
Take 5 minutes to stretch and cool down, drink a large glass of water and don't forget to wash your hands.	