

Niagara Falls City School District

3rd Grade Physical Education Resources

Mr. Evans – Niagara Street School P.E. – mevans@nfschools.net

P.E. Activities for June 1st to June 7th

Grade Level: 3rd Grade

Lesson Title: Jump in June Activities

***This lesson should be completed over 3 DAYS.** Each day consists of a Warm-Up, Fitness Activity and Cool Down.

*Access to YouTube on a computer/phone is necessary to complete workouts.

*Each lesson is approximately 30 minutes in duration.

NYS P.E. Standard #5 – *Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.*

- **DAILY WARM-UP** = Yoga with Mr. B
https://www.youtube.com/watch?v=6S8fIRJ_f9k&t=16s – special thanks to P.E. Teacher Mr. B from P.S. 139 in Brooklyn, NY for sharing.
- **LESSON ACTIVITY** = **JUMP INTO JUNE ACTIVITIES**
 - **DAY 1** = P.E. Fitness Routine (19:48)
<https://www.youtube.com/watch?v=LxmKCKr-wyU>
 - **DAY 2** = Virtual Basketball Workout (6:43)
<https://www.youtube.com/watch?v=vd2NjW4H-Pw>

If you have your own basketball & hoop you can complete this activity outside too!

 - **DAY 3** = Paper Fitness Challenges with Mr. Lucas (10:19)
https://www.youtube.com/watch?v=T9XIGs_lu4g&t=378s
- **DAILY COOL DOWN** = Kids Fitness – 5 Minute Cool Down
 - <https://www.youtube.com/watch?v=9rOQKt6z0d4>