

## March Lesson Plans P.E.

### Week #1

\* Note: No Friday class due to Parent Teacher Conferences on Thursday

Lesson Name: Hula Huts

Grades: PK-8

State Standards (ODE):

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Equipment or resources: Fire Ninja Challenge <https://www.youtube.com/watch?v=Ldq0BzOuuF0> Cosmic Kids Yoga Old MacDonald <https://www.youtube.com/watch?v=YKmRB2Z3g2s> Hula hoops (sets of 5), Bean Bags

Description: We will warm up with all grades using the Fire Ninja Challenge video (above). I will instruct how to build a hula hut using the 5 hula hoops and have students work in groups of up to 3 individuals to construct the hula hut. For virtual students, they can have a hand full of dry cereal and will try to stack it as high as they can. Both activities serve the same purpose, if a strategy is not working, adjust it and make it work. In class learners will also have the benefit of working with other students to accomplish a challenging task. After ten minutes of construction time, students will cool down with the yoga (above) website or practice juggling hand/ eye coordination skills.

Learning Objectives: By the end of class the students will be able to...

Warm up in a different way using technology and ninja skills

Use sportsmanship and teamwork to accomplish a challenging task

Develop a strategy that works and repeat it, just like in any strategy based sport

Use concepts of STEM education in building/ designing a hula hut

Cool down in a unique way that incorporates body movement and other fitness concepts

March Lesson Plans P.E.

Week #2

Lesson Name: Speed and Agility

State Standards Addressed (ODE):

**Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.

**Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Equipment or resources: Speed Ladder website: <https://www.youtube.com/watch?v=1coRssaaWNC>

Description: For both the younger students and the older students, speed and agility is an important factor in a number of different activities and it is something that can be improved with work and practice. By using the speed ladder we will develop these skills. For younger students we will treat it more like an obstacle in an obstacle course/ teamwork activity. For the older students we will have them try different ways and explain why each one is important with a number of different applications to sport. For both groups we will watch the Speed training for youth video and replicate some of the exercises. Online students can try the drills with household equipment or can duplicate the movements without equipment and have the tools when they return to school.

Learning Objectives: By the end of class the students will be able to...

Develop an understanding of how to gain speed and increase agility

Have a number of different exercises to try on their own time for development in any endeavors

## March Lesson Plans P.E.

### Week #3

Lesson Name: Yoga Fitness

State Standards (ODE):

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Equipment or resources: Full body Stretch Video- <https://www.youtube.com/watch?v=cY65YAznmlo> and Ninja Stretches video <https://www.youtube.com/watch?v=PTumDT8BB08> (all grade levels), Sit and reach Box

Description: First, we will talk about the importance of stretching before exercise (why we do it every day we are together). We will watch the videos and follow along with the stretches to improve our flexibility. For in person learners we will test flexibility with a simple sit and reach test and compare that data to other students of similar age in the United States, since it is a Presidential Physical Fitness Test. They can also try some different flexibility assessments at home and these will be instructed to include the online learners using a yard stick.

Learning Objectives: By the end of class the students will be able to...

Gain an understanding of how to improve the fitness component of flexibility

Practice different movement patterns to improve range of motion

## March Lesson Plans P.E.

### Week #4

Lesson Name: Circuit Training/ Heart Rate Awareness

State Standards (ODE):

- **Standard 1:** A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
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- **Standard 3:** A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** A physically literate individual exhibits responsible, personal and social behavior that respects self and others.
- **Standard 5:** A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Equipment or resources: Cards with exercises on them, Pencil/ Paper (4-8<sup>th</sup> grade only)

Description: In health class we are talking about the cardiovascular system and its relationship to physical activity. Students will take a resting heart rate (4-8 grade) and complete the different exercises afterwards finding heart rate as a result. We will perform the exercise for 1 minute and have 1-2 minute breaks between. The objective is to find what exercise has more impact on their heart rate. Students in the younger grades will play the exercise matching game with the exercise surprise cards. However, after performing the exercise they will have a chance to become aware of what their heart is doing as a response to exercise.

Learning Objectives: By the end of class the students will be able to...

Participate in a variety of exercises

Find and record heart rate

Understand the relationship of exercise to heart rate

Have comparable data in regards to their own body

## March Lesson Plans Health

### Week #2

Lesson Name: Final Nutrition Review

State Standards (ODE): Physical Health

Equipment or resources: Myplate/ food guide pyramid/ Mypyramid

Description: We have spent the last month learning about the five food groups, sorting food into food groups, describing why we need each food group in our diets, the history of Myplate and the USDA's visual food advice, and reading/ understanding food labels. We will take time to review all this information and include diets. How to plan health meals and things that we should limit.

Learning Objectives: By the end of class the students will be able to...

Know the visual representations in regards to food

Know the food groups and food that belongs in each

Understand food labels and how to make healthy choices based on them

Understand how to achieve their goals in regards to maintaining a healthy weight based on dietary needs

## March Lesson Plans Health

### Week #3

Lesson Name: Cardiovascular System/ Circulatory system

State Standards (ODE): Physical Health

Equipment or resources: Sponge and Water Video introduces C-V system

[https://www.youtube.com/watch?v=\\_lgd03h3te8](https://www.youtube.com/watch?v=_lgd03h3te8)

Description: The cardiovascular system is an important aspect in health and we need to take care of it. It is responsible for the endurance component and aerobic component of physical fitness. By understanding what the heart does to deliver oxygen rich blood, we can learn more about how to take care of it. The sponge and water will help explain about the circulatory nature of this system as well.

Learning Objectives: By the end of class the students will be able to...

Understand the components of the circulatory system

Know how important it is in sport and recreation

Understand how this science topic is a transfer to health too

## March Lesson Plans Health

### Week #4

Lesson Name: Heart Health/ Heart Rate

State Standards (ODE): Physical Health

Equipment or resources: None

Description: Today we will understand Resting Heart Rate (RHR), Training or target Heart Rate (THR). We will learn how to take a heart rate and know that it may change. Resting heart rate is an indicator of how well a person's cardiovascular system is operating. Also, it can explain how in shape an individual is.

Learning Objectives: By the end of class the students will be able to...

Take a heart rate both at rest and as a result of exercise

Participate in movements to increase heart rate

Understand that activity will have an effect on the oxygen necessary for my body through blood and blood flow