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| Day | Topic |  |  |  | Assessment(s) | Digital Resource/Link |
| **P.E. Class – Pre-K – 6gh Grade** | Warm-up & Stretching |  |  | **Objective(s):**  **-Students will continue to learn the importance of a proper warm up.**  **- Student will participate in, and complete the different warm up activities.**  **Activity:**   * **Warm up- Do Now, Minute to win it, GoNoodle Video, Self-guided stretches and exercises** | Verbal assessment | TEAMS PAGE |
| Importance of Physical Activity |  |  | **Objective(s):**  **-Student will begin to understand the importance of physical activity and learn different ways to stay active at home.**  **Activity: Powerpoint presentation from Coach Streid.**  **Independent Practice:**  **Students will play a 10 minute water bottle flip, basketball, paper airplane, scavenger hunt game.** | Verbal and physical assessment. | TEAMS PAGE |
| Health |  |  | **Objective(s):**  **-Students will understand the basics of how the heart work.**  **Activity: Students will watch a video on how the immune system works and then answer quistions following the video.**  **Independent Practice:**  **-Students will complete the quiz for the day**  **-Students will try to participate in 60 minutes of physical activity of their choice.** | -Verbal Assessment  -Microsoft Forms quiz | TEAMS PAGE |