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| Day  | Topic |  |  |  | Assessment(s) | Digital Resource/Link |
| **P.E. Class – KG – 4th Grade** | Introduction/ Ice Breaker |  |  | **Objective(s):** **-Students will continue to form relationships with teacher and classmates.****Activity:** * **Warm up- Do Now, Minute to win it, GoNoodle Video, Self-guided stretches and exercises**
 | Verbal assessment  | TEAMS PAGE |
| Procedures |  |  | **Objective(s):** **-To gain a better understanding of the virtual classroom rules and expectations.** **Activity: Powerpoint presentation from Coach Streid.****Independent Practice:** **Students will practice with technology- Mute button, chat room, sending pictures.**  | Verbal and physical assessment.  | TEAMS PAGE |
| Community Building Activity |  |  | **Objective(s):** **-Students will understand the importance of physical activity and how many minutes of physical activity are recommended.** **Activity: Rock paper scissors activity, flip a coin activity, GoNoodle, Work out videos.****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 |
| **PE CLASS – 5th & 6th Grade** | Wellness /Ice Breaker |  |  | **Objective(s):** **-Students will continue to form relationships with teacher and classmates.****Guided Practice****- Minute to win it with Coach Streid, Warm up workout video****Independent Practice:****-Spend some time chatting among other classmates and find out fun facts and common interests.** | Verbal assessment  | TEAMS PAGE |
| Procedure  |  |  | **Objective(s):****-To gain a better understanding of the importance of physical activity and healthy eating.****Activity:** * **Using screen share to present a powerpoint.**
* **Having students participate in different online workouts.**

**Independent Practice:****-Microsoft Form quiz will be assigned for the students to fill out to check for understanding of the rules and expectations.**  | Microsoft Form will be in a quiz format  | TEAMS PAGE |
| Community Building  |  |  | **Objective(s):****-Students will be introduced to physical activity and begin to understand the importance of it.****Activity:****-Students will perform 5 at home activities from the “Fitness Ideas” file in Microsoft Teams.** **Independent Practice:****-Students will try to participate in 60 minutes of physical activity of their choice.** | Assesment  | TEAMS PAGE  |