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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 |