



MAY 11 – MAY 15 ACTIVE HOME PHYSICAL EDUCATION: 3-5 Fitness Knowledge

5 Day Rotation	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15
Concept of Focus	I can keep an active lifestyle while staying at home from school.	I can develop my personal fitness by staying active for 60 minutes each day.	I can develop my cardiorespiratory endurance at home.	I can develop my muscular strength at home to improve overall fitness.	I can flex and extend my muscles to improve my overall fitness.
Academic Language for Today	ACTIVE LIFESTYLE A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.	FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	CARDIORESPIRATORY ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.	MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort.	DYNAMIC STRETCHING An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.
Warm-up	Trolls September	Trolls September	Trolls September Dance	Trolls September	Trolls September
OPEN Home Activity	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card	Health-Related Fitness Today we're going to complete a series of Health-Related Fitness Challenges. Health Related Card	Skill Related Fitness Today we're going to complete a series of Skill-Related Fitness Challenges. Skill Related Card	Invisible Dumbbells Today we're going to complete a series of Invisible Dumbbell Challenges. Invisible Dumbbell Card	Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Choose 3 poses to perform. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #1 Perform with family following the peer coaching cards. Sun Salutation #1	Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #2 Perform with family following the peer coaching cards. Sun Salutation #2	Choose three poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log