

December P.E. Lesson Plans Week #1

Grades: K-8

Lesson Title: Scavenger Hunt

ODE State Standards:

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

Equipment: Attachment- Scavenger Hunt page (see next page)

Description: Students will stretch and warm up as normal. I will share my screen with the scavenger hunt form and give the students time to collect all of the items on the scavenger hunt form. We will then use the coin for a fun fitness game.

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

- Locate different objects and move around their house
- Learn to recognize and collect items in a scavenger hunt way
- Participate in a fun activity with fitness being a part of it

Indoor P.E. Scavenger Hunt



Object

Example

	1. Find something blue	
	2. Find a coin	

	3. Find a comb or brush	
	4. Find a pot or pan	
	5. Find something soft	
	6. Find a book	
	7. Find a deck of cards or a board game	
	8. Find something small	

December P.E. Lesson Plans Week #2

Grades: K-8

Lesson Title: Virtual Field (Observatory Park)

ODE State Standards:

- **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: Share Screen with video of path

Description: This experience is a field trip being brought to the students. A park in Geauga County named Observatory Park- <https://www.geaugaparkdistrict.org/park/observatory-park/> offers a trip to outer space. My family and I visited this park and put it on a video of the trail through the planets. I would like to share this experience with our students on a virtual field trip. The students will be instructed to walk the path with me as we stop by each planet and learn one cool fact about each one. Walking is one of the best forms of exercise so they will walk in place the equivalent of a mile while stopping and learning about each planet.

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

- Have walked in place for one mile
- Learned about science in a cross curricular lesson
- Participate in a virtual field trip

December P.E. Lesson Plans Week #3

Grades: 4-8

Lesson Title: Personal Fitness

ODE State Standards:

- **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.

Equipment: Link Provided- <https://www.youtube.com/watch?v=lc1Ag9m7XQo>

Description: Students in grades 4-8 have been exposed to different forms of fitness including HIIT (high intensity interval training) This video is meant for students/ kids in this format. Students will complete each exercise in all cycles. Students and myself will try to complete the half hour long video.

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

- Participate in a variety of exercises organized in a different format
- Get a great workout

December P.E. Lesson Plans Week #3

Grades: K-3

Lesson Title: Yoga Introduction

ODE State Standards:

- **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: Share Screen Yoga video Link- <https://www.youtube.com/watch?v=X655B4ISakg>

Description: Yoga is a great form of exercise for children, so we are going to practice this beginning course together. We are going to learn the basics of this relaxing form of exercise and challenge our bodies. We will complete the entire 25- minute video and

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

- Participate in a different type of exercise
- Relax and learn a new style of exercise

December Lesson Plans Health Week #1

Grades: 2-8

Lesson Title: Learning to Learn Virtually

Equipment: Computer and knowledge of the mute button

Health Standards: Social Health

Description: In a quick fire game, students will be given an easy trivia question and by raising the hand button on the computer have an opportunity to answer. In the second grade classes. We will take turns answering questions and see how many questions they can answer by the end of class. For the upper grade classes, we can make a competition out of it and have one class vs another since I have both sections of the classes at the same time. Once a question is answered, then the other class will have an opportunity to answer a new question.

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

- Know how to take turns and utilize technology the right way
- Play a cooperative and knowledge based game
- Have a fun class for the first week of virtual health

December Health Lesson Plans Week #2

Grades: 2-8

Lesson Title: Community Health Introduction

Health Standards: Social Health

Equipment: None (Discussion Based)

Description: We will discuss what community is and what the definition of health is. Using this knowledge, we will talk about different community based health resources are or what we can individually do for our communities. We will comprise a list of different things that we can do to help others around us in our #1 family community, #2 school/ church community, #3 local community or suburban community, #4 Cuyahoga County or larger Community. Discuss our community health project the American Heart Association's Jump Rope for Heart Event that we have done in the past. This will lead us into next week's activities.

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

- Have knowledge of what a community is and how to support it
- Know things that they can do to help out the health of the community around them
- Understand the small things that they can do to live in a better place

December Health Lesson Plans Week #3

Grades: 2-8

Lesson Title: Community Health Continued

Equipment: Computer and questions, jump rope optional

Health Standards: Social Health

Description: For grades 2 and 3, we will participate in the activities associated with Jump rope for heart. Hopefully they have a jump rope or they can mimic the movements and use imagination. We will explain how we have done this fundraising activity to help out people with heart disease or who are at risk of developing heart disease. We will also use this opportunity to introduce heart health in a personal health way. For grades 4-8, they will choose a community health organization and research what exactly their mission is and what they do for the community. Examples include; Salvation Army, Multiple Sclerosis Society, Susan G. Kolman Cancer Foundation, American Heart Association, Cleveland Food Bank, Wounded Warrior Project, Doctors without Borders, YMCA, Just Run, and Coats for Kids Program, etc. They will research a little bit about the foundation and be able to describe their mission and what they do to help out the health of a specific community, along with what they could do to help out that organization.

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

- Understand the role of a community health organization
- Learn how to contribute to an organization
- Realize that health happens all around us