P.E. Lessons – 3rd Grade through 6th Grade

Week of March 23 - 27

Day 1 Lesson

|  |
| --- |
| **Physical Education – Stunts and Tumbling Unit** |
| Objective  | Activities  | Resources  |
| To demonstrate weight transfer skills | **Warmups**: Just Dance Kids ABC<https://www.youtube.com/watch?v=GD0iEr3zajY>**Activity**: Find a soft area to complete today’s activity, such as a yoga mat, carpet floor, or grass lawn. Attempt each skill from the Weight Transfer Spark Cards 5 times. *\*Don’t forget to record your activities done each day on your calendar. (Activity Log – sent by email from Coach Kring March 17)* | Computer / Device with access to internet Weight Transfer Spark Cards (Attached in M.T.)  |

Day 2 Lesson

|  |
| --- |
| **Physical Education - Stunts and Tumbling Unit** |
| Objective  | Activities  | Resources  |
| To demonstrate assorted animal walks | **Warmups**: Just Dance the Monkey Dance <https://www.youtube.com/watch?v=KpdRc9L97TY>**Activity**: Attempt each skill from the Animal Walks Spark Cards for at least one minute each.If you are able, hold a competition between you and your sibling or parent. You can race across your play area (*bear, seal, inchworm, or crab walk*) or compete to see who can do the skill the longest (mule kick or crab kick). *\*Don’t forget to record your activities done each day on your calendar. (Activity Log – sent by email from Coach Kring March 17)* | Computer / Device with access to internet Animal Walks Spark Cards (Attached in M.T.)  |