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

Week of March 23 - 27

Day 1 Lesson

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| **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

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| **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.) |