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| **Physical Education - Week of March 30 – April 3: Stunts and Tumbling Unit Test** | | |
| Objective | Activities | Resources |
| Demonstrate skills learned throughout this unit | **This week you will need to post two items on Seesaw in the Physical Education folder.**  **1. Post your completed March Activity Log Calendar.**  **2. Post the video recording of your routine.** *(see details below)*  **Activity Guidelines**:  1. You will create a gymnastic routine using the skills you learned throughout our Stunts and Tumbling Unit. You will use the Spark Cards for a reference of the skills. \*These are located on your Microsoft Team’s Files.  2. You must include at least 12 stunts from the lessons. There should be at least **4 stunts used from each section below**:   * Balance and Strength Skills * Jumping and Landing Skills * Weight and Transfer Skills (*includes animal walks*)   \*You may add other skills you know, but your grade will be based on the 12 stunts from our unit.  3. Preform skills under control and with good form.  4. Make it creative and fun to watch. You may include music if you like!  \*If you have a sibling in 4th - 6th grade, you may work together to make one routine.  **Unit Test Recording**: Please ask a parent to help record your routine. You will need to upload to your grade’s Seesaw account.  If the video is over 5 minutes long, it will not fix in Seesaw so you can email the video to Coach Kring at [rkring@fbcs.edu.ky](mailto:rkring@fbcs.edu.ky) .  **Please post your March Activity Log and unit test video to Seesaw or email to Coach Kring (**[**rkring@fbcs.edu.ky**](mailto:rkring@fbcs.edu.ky)**) by Sunday, April 5, 2020.** | Device with video recorder and connection to internet  Spark Cards  (*4 sets =*  *1. Balance and Strength*  *2. Jumping and Landing*  *3. Weight and Transfer*  *4. Animal Walks*) |