K-5 PHYSICAL EDUCATON LESSONS 8/17/2020-10/12/20

Below you will find virtual PE activities. Challenge yourself. Later you will answer questions in google survey. Click on a topic and participate

P.E. Virtual Lessons K-5

For each lesson in the box below click on the virtual chart at bottom of page

|  |  |  |
| --- | --- | --- |
| Date | Lesson | Description |
|  |  |  |
| **1 Lesson 08/17-08/21/20** | **Rituals and Routines** | **Stretching Exercises** |
| **2 Lesson 08/24-08-/28/20** | **Rituals and Routines** | **Loco-NonLocomotor Exercise** |
| **3 Lesson 08/31-09/4/20** | **Yoga/Tai Chi** | **Yoga/Tai Chi Stretches** |
| **4 Lesson 09/7-09/11/20** | **Spatial Awareness** | **Locomotor Skills** |
| **5 Lesson 09/14-09/18/20** | **Spatial Awareness** | **Yoga/Tai Chi 2** |
| **6 Lesson 09/21-09/25/20** | **Pre-Striking Mechanics** | **Underhand Toss** |
| **7 Lesson 09/28-10/2/20** | **Striking Mechanics** | **Overhand Toss** |
| **8 Lesson 10/5-10/09/20** | **Forms of Exercise** | **Isometric/Isotonic** |
| **9 Lesson 10/12-10/16/20** | **Home Gym workout** | **Equipment at Home** |

**Directions**

* 1. **Click on site below (CONTROL-HOLD-LEFT CLICK)**
  2. **WHEN INSIDE, PRESS BUTTON ON CATEGORY TO COMPLETE LESSONS**
  3. **FREE TIME YOU CAN PRESS OTHER BUTTONS FOR FUN ACTIVITIES**

**VIRTUAL LESSONS**

<https://luckettd.wixsite.com/mysite-2>

UNIVERSAL PE LESSON PLANS 2nd-5th Grade

Figure 1Grades 2-5

|  |  |  |
| --- | --- | --- |
| Week 1 |  | Stretching |
| Week 2 |  | Non-locomotor |
| Week 3 |  | Yoga-Tai Chi |
| Week 4 |  | Locomotor skills |
| Week 5 |  | Yoga-Tai Chi 2 |
| Week 6 |  | Pre-striking under |
| Week 7 |  | Striking overhand  VIDEO INSIDE OF LESSON |
| Week 8 |  | Isometric/Isotonic workout |
| Week 9 |  | Home Gym workout  VIDEO INSIDE OF LESSON |

UNIVERSAL PE LESSON PLANS Kdg-1st Grade

|  |  |  |
| --- | --- | --- |
| Week 1 |  | Stretching/Exercises |
| Week 2 |  | Non-locomotor |
| Week 3 |  | Yoga |
| Week 4 |  | Locomotor skills |
| Week 5 |  | Tai Chi |
| Week 6 |  | Pre-striking under |
| Week 7 |  | Striking overhand  VIDEO INSIDE OF LESSON |
| Week 8 |  | Isometric/Isotonic workout |
| Week 9 |  | Home Gym workout  VIDEO INSIDE OF LESSON |