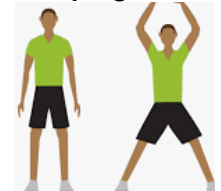




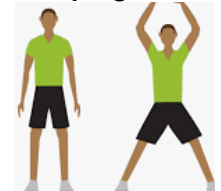




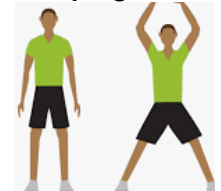




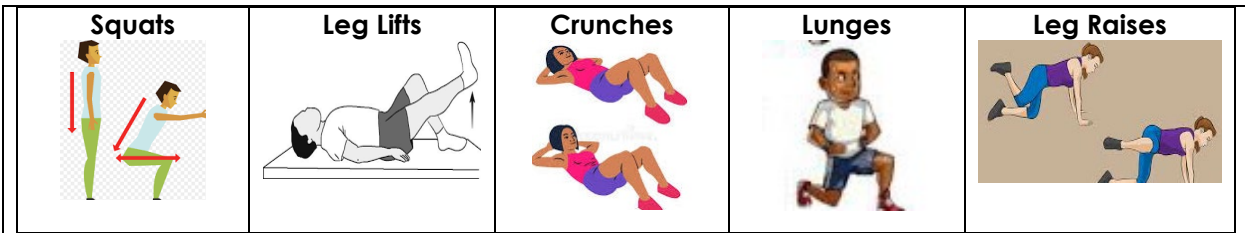


# Physical & Health Education – This or That?

<p><b>Curriculum:</b> Physical Health Education</p>	<p><b>Learning Goals:</b> -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments</p>
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<p><b>Materials</b></p> <p>-Safe space for movement (indoors or outdoors)</p>
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<p><b>Activities</b></p>					
<p><b>Warm Up:</b> -5-minute warm up exercises <a href="https://www.youtube.com/watch?v=H1zuAsoGpl4">https://www.youtube.com/watch?v=H1zuAsoGpl4</a></p>					
<p><b><u>Movement skills to know before beginning this video</u></b>  <u>Jumping jacks:</u> Feet together with arms at your side. At the same time: Jump feet out and move arms sideways above your head.  <u>Run on the Spot:</u> Run on the spot without moving around your space.  <u>Elbow to Knee:</u> Reach opposite knee to elbow keeping your back straight.  <u>Plank:</u> Hands below your shoulders. Beginners try with feet apart. It is important that your body makes a straight line and that you do not look at your toes.  <u>Push-Ups:</u> Keep your body straight. Push your body up into a plank position. Beginners try with knees on the floor.</p>					
<table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="203 1176 438 1417"> <p><b>Jumping Jacks</b></p>  </td> <td data-bbox="438 1176 673 1417"> <p><b>Run on the Spot</b></p>  </td> <td data-bbox="673 1176 909 1417"> <p><b>Elbow to Knee</b></p>  </td> <td data-bbox="909 1176 1144 1417"> <p><b>Plank</b></p>  </td> <td data-bbox="1144 1176 1412 1417"> <p><b>Push-Ups</b></p>  </td> </tr> </table>	<p><b>Jumping Jacks</b></p> 	<p><b>Run on the Spot</b></p> 	<p><b>Elbow to Knee</b></p> 	<p><b>Plank</b></p> 	<p><b>Push-Ups</b></p> 
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<p><u>Squats:</u> Pretend you are trying to sit on a chair. Keep your knees aligned with your feet and your back straight.  <u>Leg Lifts:</u> Lift and lower one leg at a time. Switch sides.  <u>Crunches:</u> Using your abdominal muscles, lift your shoulders off the ground. Keep looking at the sky, relax your neck, and keep your elbows facing the side.  <u>Lunges:</u> Stand straight up. Reach one leg behind you, bend legs to a lunge position keeping back knee off the ground. Keep your back straight.  <u>Leg Raises:</u> On all fours, bring your leg up to the side. Keep your knee and shin parallel.</p>					



In this video you will pick between two movement skills. Do the movement skill until the next option comes up. Do not do any movement that causes you pain!

YouTube Video: This or That – Choose Your Own Exercise

<https://www.youtube.com/watch?v=IDiBzx8NUso>

**Extension:**

-Do a cool down activity

<https://www.youtube.com/watch?v=9rOQKt6z0d4>