

Physical & Health Education – This or That?

<p>Curriculum: Physical Health Education</p>	<p>Learning Goals: -Participate daily in physical activity designed to enhance and maintain health components of fitness -Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments -Apply methods of monitoring and adjusting exertion levels in physical activity (extension)</p>
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Materials
-Safe space for movement (indoors or outdoors)

Activities

Warm Up:

-5-minute warm up exercises <https://www.youtube.com/watch?v=H1zuAsoGpl4>

Movement skills to know before beginning this video

Jumping jacks: Feet together with arms at your side. At the same time: Jump feet out and move arms sideways above your head.

Run on the Spot: Run on the spot without moving around your space.

Elbow to Knee: Reach opposite knee to elbow keeping your back straight.

Plank: 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.

Push-Ups: Keep your body straight. Push your body up into a plank position. Beginners try with knees on the floor.



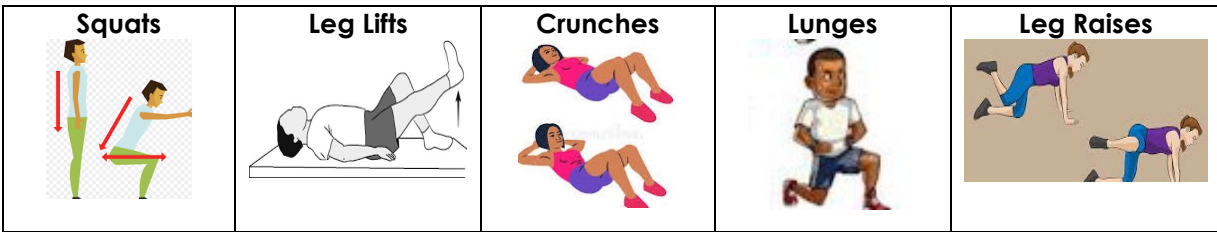
Squats: Pretend you are trying to sit on a chair. Keep your knees aligned with your feet and your back straight.

Leg Lifts: Lift and lower one leg at a time. Switch sides.

Crunches: 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.

Lunges: Stand straight up. Reach one leg behind you, bend legs to a lunge position keeping back knee off the ground. Keep your back straight.

Leg Raises: On all fours, bring your leg up to the side. Keep your knee and shin parallel.



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

YouTube Video: This Or That – Choose Your Own Exercise

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

Cool Down:

Do this cool down to ensure your body slowly cools down after the This or That exercises.

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

Extension:

-You are going to practice monitoring your physical exertion. Your physical exertion will differ depending on what activity you are doing. You can monitor your physical exertion level in different ways. One way to do this is to check your pulse. If your exertion level is high your pulse rate might be higher. If your exertion level is low your pulse rate might be lower.

-Watch this link to see how to check your pulse

<https://www.youtube.com/watch?v=eAmcHizlbL4>

-Check your pulse before and after completing the three activities from the lesson above (Warm Up, This or That, and Cool Down).

-What do you notice about your pulse rate?