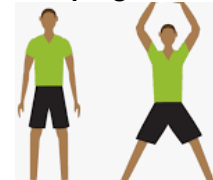




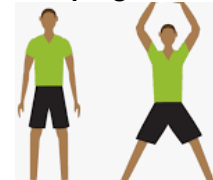




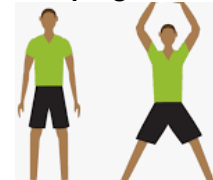




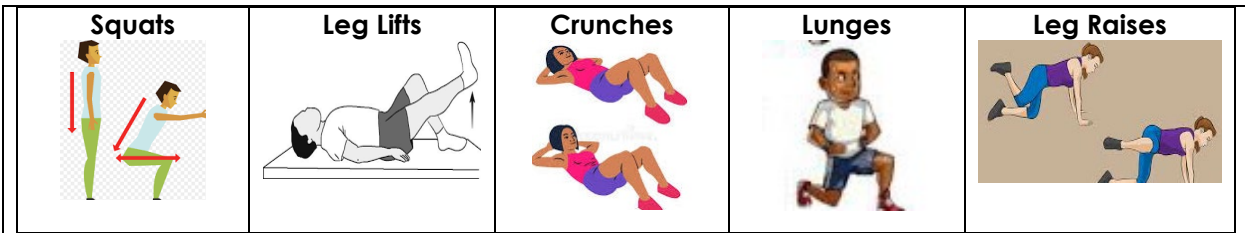


Physical & Health Education – This or That?

<p>Curriculum: Physical Health Education</p>	<p>Learning Goals: -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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Materials
-Safe space for movement (indoors or outdoors)

Activities					
<p>Warm Up: -5-minute warm up exercises https://www.youtube.com/watch?v=H1zuAsoGpl4</p> <p><u>Movement skills to know before beginning this video</u> <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 1186 430 1407"> <p>Jumping Jacks</p>  </td> <td data-bbox="446 1186 673 1407"> <p>Run on the Spot</p>  </td> <td data-bbox="690 1186 917 1407"> <p>Elbow to Knee</p>  </td> <td data-bbox="933 1186 1161 1407"> <p>Plank</p>  </td> <td data-bbox="1177 1186 1404 1407"> <p>Push-Ups</p>  </td> </tr> </table>	<p>Jumping Jacks</p> 	<p>Run on the Spot</p> 	<p>Elbow to Knee</p> 	<p>Plank</p> 	<p>Push-Ups</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.</p> <p><u>Leg Lifts:</u> Lift and lower one leg at a time. Switch sides.</p> <p><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.</p> <p><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.</p> <p><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>