

PE CONTINUITY OF LEARNING PLAN-Session III

WEEK OF May 18	Monday	Tuesday	Wednesday	Thursday	Friday
Learning focus (Standard, target)	Be Active for 30-60 minutes today!	Be Active for 30-60 minutes today!	Be Active for 30-60 minutes today!	Be Active for 30-60 minutes today!	Be Active for 30-60 minutes today!
Instructional Resource (online, hard copy)	Make a Plan for the day! Try it! Being Successful A special Message from Matthew West https://youtu.be/stl0QZARkpE Flip a coin workout-10 rounds (1-10) Page 4	Happy Dance 2-3 times today! Be Happy! :) Happy Dance Lesson Daisy Brook Elementary - ACES Send Off 2018 - MercyMe - Happy Dance Happy Dance-5th graders in FRONT~ Repeat "What If" https://www.youtube.com/watch?v=XmpjlcC8cSg	Tennis-racket sport Tennis Lesson - Racket Sports https://netgeneration.usta.com/us-en/tennis-at-home.html?cid=ngathome_2020_0429_ch=em_br=ng_ow=ctm_ct=awn_endcid USTA-Net generation videos-try a few! Try Fitness Bingo and/or UNO Fitness Page 8 & 9	Happy Dance 2-3 times Happy Dance Lesson Daisy Brook Elementary - ACES Send Off 2018 - MercyMe - Happy Dance Repeat "What If" https://www.youtube.com/watch?v=XmpjlcC8cSg	Tennis-racket sport Tennis Lesson - Racket Sports https://netgeneration.usta.com/us-en/tennis-at-home.html?cid=ngathome_2020_0429_ch=em_br=ng_ow=ctm_ct=awn_endcid USTA-Net generation videos-try a few!
Student work/task (Online, hard copy)	Fill in Page 1A-plan your day! Being Successful Journal Page 2	Journal Page 2 Happy Dance Lesson Daisy Brook Elementary - ACES Send Off 2018 - MercyMe - Happy Dance	Tennis Lesson - Racket Sports Page 8 & 9 Journal Page 2	Journal Page 2 Happy Dance Lesson Daisy Brook Elementary - ACES Send Off 2018 - MercyMe - Happy Dance	Tennis Lesson - Racket Sports Journal Page 2
OTHER NOTES	Read Page 1-Student/parent note. Fill in Page 1 A-Make a plan! Journal your Activities	Journal your Activities Perform page 2	Journal your Activities	Journal your Activities	Journal your Activities

WEEK OF May 25	Monday	Tuesday	Wednesday	Thursday	Friday
Learning focus (Standard, target)	Be Active for 30-60 minutes today! Nutrition Review/Lesson	Be Active for 30-60 minutes today! Nutrition Review/Lesson	Be Active for 30-60 minutes today! Nutrition Review/Lesson	Be Active for 30-60 minutes today! Nutrition Review/Lesson	Be Active for 30-60 minutes today! Nutrition Review/Lesson
Instructional Resource (online, hard copy)	Catch Review-My Plate Flip a coin workout-10 rounds (1-10) Page 4	Tennis-racket sport Tennis Lesson - Racket Sports Tennis Activities Video-USTA-Net Generation https://netgeneration.usta.com/us-en/tennis-at-home.html?cid=ngathome_20200429_ch=em_br=ng_ow=ctm_ct=awn_endcid Check out and attempt several video options to practice Tennis Skills and Exercise!	Catch Review-My Plate	Tennis-racket sport Tennis Lesson - Racket Sports Kindness/Sportsmanship	Perform all 3 videos - Gardenour Health Grooves Happy Dance Lesson Daisy Brook Elementary - ACES Send Off 2018 - MercyMe - Happy Dance https://www.youtube.com/watch?v=XmpjlcC8cSg https://www.youtube.com/watch?v=101aOj_mZD0&t=15s Blessings to our 5th graders! In this video you just joined us at Daisy Brook! :)
Student work/task (Online, hard copy)	<u>Journal Page 3</u> Catch Review-My Plate Fill in your Nutrition Log Sheet this week	<u>Journal Page 3</u>	Create your own Challenge course outside if possible with Family "junk" and challenge your family members and neighbors- Here	<u>Journal Page 3-Activities</u> Good Sportsmanship-Kindness <u>Pick 5 items from page 5-Acts of</u>	<u>Journal Page 3</u> <u>You are Loved and missed! Blessings~</u> https://youtu.be/

	- Page 6 and 7		is a sample from the Sparks' Family! Sparks Challenge Course Fill in your Nutrition Log this week - Page 6 and 7 Catch Review-My Plate Journal Page 3	<u>Kindness</u> <u>ANd/Or</u> <u>Write a paragraph on how YOU can be a good sport and display kindness when you play a game or compete</u>	stl0QZARkpE Fill in your Nutrition Log Sheet this week - Page 6 and 7
OTHER NOTES	Journal your fitness/sport Activities -page 3 Nutrition Log Sheet	Journal your fitness/sport Activities -page 3 Nutrition Log Sheet	Journal your fitness/sport Activities -page 3 Send me your video of your challenge course!	Journal your fitness/sport Activities -page 3 Nutrition Log Sheet	Journal your fitness/sport Activities -page 3 Nutrition Log Sheet