

Grade 5

Distance Learning Module 5 – Week of April 27<sup>th</sup> – May 1st

## Physical Education: Cardio Exercises

**Targeted Goals from Stage 1:** Apply knowledge of movement and creativity into fitness activities

**Content Knowledge:** Find creative ways to engage in a health-enhancing level of physical activity

**Vocabulary:** Stretching, Mobility, Pace, Locomotor movement

**Skills:** Locomotor movement activities, spatial awareness

**Expectation:** For the week, students are expected to complete 3 fitness activities using a variety of locomotor movements

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Students will make an indoor or outdoor obstacle course	Use safe objects around house/yard	
Tuesday:		
Wednesday: Students will set up different movement races	Children will find a safe open area to have races  Races include: skipping, running and jumping, galloping	
Thursday:		
Friday: Students will set up for animal races	Children will find a safe open area to have races  Look online at demonstrations of animal movements you wish to try and try to perform like the demonstrator in the videos you view.	Respond to Exit Ticket Here

**Week criteria for success** (attach student checklists or rubrics): What do you need to do to be able to race correctly (steps/cues)

- Create a start and finish line
- Find a safe area to have the races
- Use appropriate protective equipment if necessary

**Supportive resources and tutorials for the week** (plans for re-teaching):