

Hi Tigers,

Hope all is well. This week the warmup videos are from spark. Let me know if you like them. Email me at [anthony.collins@rentonschools.us](mailto:anthony.collins@rentonschools.us). I love hearing from you. The lessons this week work on hand eye coordination and quick feet, have fun and try to exercise as much as possible. Stay safe and healthy, I miss you all.

Make sure you scroll down to see the links, lessons and activities. If you have any questions let me know by emailing me.

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	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Quick Fitness	<p><b><u>The Fast Break/Warm-ups</u></b> can be done to warm your body up before the day's activity, or anytime throughout the day when you've been sitting for a while and need to move around</p> <p>SPARK Fast Break 1 Warm-Ups <a href="https://vimeo.com/349497602">https://vimeo.com/349497602</a></p>	<p>SPARK FAST BREAK 2 WARM-UPS <a href="https://vimeo.com/349497206">https://vimeo.com/349497206</a></p> <p>Try to get outside and go on a long walk (20 minutes or longer)</p>	<p>SPARK Fast Break 3 Warm-Ups <a href="https://vimeo.com/349496326">https://vimeo.com/349496326</a></p> <p>Grab some chalk and make a <a href="#">hop-scotch court</a>. Play a few games outside.</p>	<p>SPARK Fast Break 4 Warm-Ups <a href="https://vimeo.com/349496882">https://vimeo.com/349496882</a></p> <p>Try to get outside and go on a speed walk race around your neighborhood or complex, pathways or sidewalks, or sports court (time yourself and count your laps).</p>	<p>SPARK Fast Break 5 Warm-Ups <a href="https://vimeo.com/349496713">https://vimeo.com/349496713</a></p>

LESSONS

**Lesson Objective:** Students will attempt games & activities that reinforce eye-hand coordination skills and quick footwork. They will plan out a menu with nutritious foods.

Try this:	<p><a href="#">Paper Fitness with Mr. Lucas</a></p> <p>Try a workout that includes jumping, hopping, zigzagging, planking, and a tossing challenge – <u>all with just</u> a few pieces of paper.</p>	<p><a href="#">Rallyball with Mr. Howard</a></p> <p>Try a (new) game at home by yourself or with a partner. You will work on eye-hand coordination <u>using</u> a piece of paper and a striking tool you find at home.</p>	<p><a href="#">Flip It Game with Coach Pirillo</a></p> <p>Try a two-person game where speed is key! Roll a dice and flip all your paper plates or pieces of paper before your partner and win. <u>Equipment required</u> is two dice, five pieces of paper/paper plates.</p>	<p><a href="#">Water bottle Tic Tac Toe with Mr. Staup</a></p> <p>Play a fun version of tic-tac-toe using water bottles! You and a partner will compete to see who can be the fastest at getting three in a row! <u>You will need:</u> two water bottles, X and O cards, and a tic-tac-toe board.</p>	<p><a href="#">5 food groups video</a></p> <p>Now that you've been reminded of the different foods out there, go into your own refrigerator and kitchen cupboards and try to identify as many foods as you can that would be healthy to eat.</p>
Talk about:	<p>What other ways can you move through your pieces of paper? How did your score compare to Mr. Lucas'? Let me know <a href="mailto:Anthony.collins@rentonschools.us">Anthony.collins@rentonschools.us</a></p>	<p>What did you use as a striking tool? How did it work? Consider emailing <a href="mailto:Anthony.collins@rentonschools.us">Anthony.collins@rentonschools.us</a></p>	<p>What is the challenge if you don't have a partner? How can you play this? Try timing how fast it takes you to flip all the items. Send a picture if you can? <a href="mailto:Anthony.collins@rentonschools.us">Anthony.collins@rentonschools.us</a></p>	<p>How many jumping jacks did you complete? What other exercises could you do instead. Let me know <a href="mailto:Anthony.collins@rentonschools.us">Anthony.collins@rentonschools.us</a></p>	<p>Ask if you can work with an adult to help create a menu for a day next week which would include all three meals and contain the necessary food items for each. Don't forget the <u>water!</u> (not a food group, but important for digestion!)</p>

LOOKING FOR MORE?

## P.E. Standards

### PAPER FITNESS LESSON

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance

- 2.2

Standard 3: Students will engage in, and understand the benefits of, physical activities

- 3.1, 3.2

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.4, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1, 5.2, 5.3

### RALLYBALL LESSON

Standard 1: Students will demonstrate competency in a variety of motor skills and manipulatives

- 1.14, 1.15a/b

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance

- 2.2

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.4, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1, 5.2, 5.3

### FLIP IT GAME

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.4, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1, 5.2, 5.3

## **BOTTLE FLIP TIC TAC TOE**

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others

- 4.1, 4.4, 4.5

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

- 5.1, 5.2, 5.3

## **NUTRITION LESSON**

Standard 3: Students will identify food groups and create meals that enhance their level of fitness

- 3.1, 3.8a