



Elementary



ACTIVE HOME PHYSICAL EDUCATION LESSONS: ELEMENTARY GRADES

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I will learn and perform jump rope endurance rhymes.	I will demonstrate cooperation & positive communication while creating a dance.	I will follow the rules and have fun with my friends and family.	I will demonstrate cooperation with family members in order to master difficult challenges.	I will perform exercises with perfect form and at a safe speed.
Academic Language for Today	ENDURANCE The ability or strength to continue or last. Stamina.	FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.	ROUTINE A set sequence of steps.	SUCCESS The accomplishment of a goal or purpose.	SAFE Protected from danger or risk.
Instant Activity	Ahh, Umm, Err	Ahh, Umm, Err	Ahh, Umm, Err	Ahh, Umm, Err	Ahh, Umm, Err
OPEN Home Activity	Jump Rope Rhymes	Dance Party	Fitness Uno	Parachute Pass	Deck of Fitness
Daily Fitness Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log

SHAPE America Grade-level Outcomes Focus

Standard 3 [E2.K-5] Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction & practice (2); Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed & independent (4); Actively engages in all the activities (5).

Standard 5 [E1.K-2] Recognizes that physical activity is important for good health (K); Identifies physical activity as a component of good health (1); Recognizes the value of “good health balance” (2); Discusses the relationship between physical activity and good health (3); Examines the health benefits of participating in physical activity (4); Compares the health benefits of participating in selected physical activities (5).