



Unified PE

Day 7: Vitamins

Our Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Wheel of Warm-up Exercises
- Activity: Fitness Monopoly
- Cool Down: Recovery Yoga
- Game for home: Paper Plate Tennis

What's Due?

- Exit Ticket – available in announcements & under “Lesson Materials” Module

Learning



- I can work hard at home to improve my physical fitness
- I can use what I've learned about nutrition to improve my diet

Vocabulary

- **Vitamins** – substances that our bodies need to develop and function normally
 - Best way to get enough vitamins – eat a balanced diet with a variety of foods
- [How do vitamins work?](#)





Warm-up: Wheel of Warm-up Exercises

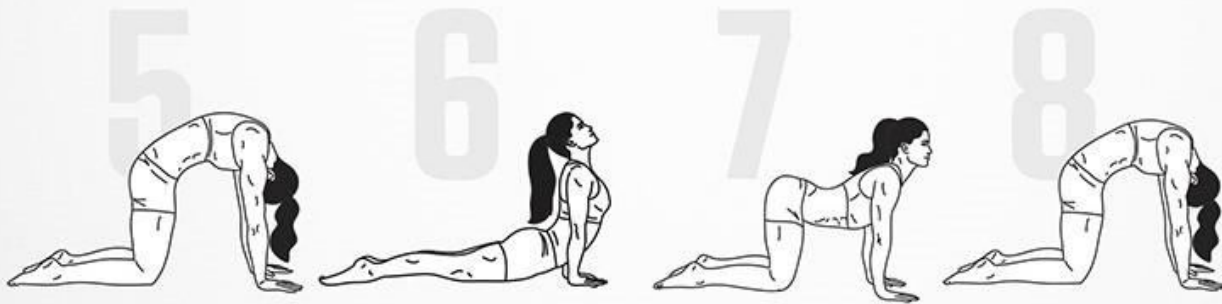
- **Directions:** Spin the wheel and complete the exercise it lands on
- **[Wheel of Warm-up Exercises](#)**



Activity: Fitness Monopoly

- **Directions**: Start on the Go Square. Roll the dice and move around the board. When you land on a space, you perform that exercise
- [Fitness Monopoly](#)

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



Cool Down: Recovery Yoga



Game for Home: Paper Plate Tennis

- Equipment needed:
 - Paper plates
 - Rulers/paint sticks/popsicle sticks/etc.
 - Tape
 - Optional: sheet/blanket to create a net
 - Balloon
- Play with a family member. Set a point limit. Play best out of 3. Play for fitness (i.e., Loser performs 20 jumping jacks, winner does 10)

[Paper Plate Tennis](#)

Balloon tennis