

Brandon Valley School District
Distance Learning Plan
August 24-28, 2020

Grade 4 PE



Brandon Valley School District Distance Learning Plan

LESSON/UNIT: Week 2

SUBJECT/GRADE: Physical Education / 4th Grade

DATES: August 24-28



<p>What do students need to do?</p> <p>Link to BV PE instructional video.</p>	<p>Monday (8/24):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch the PE instructional video (link can be found in the upper left corner of this document). <input type="checkbox"/> Yoga <p>Tuesday (8/25):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Kicking for Distance <p>Wednesday (8/26):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Locomotor Movements with Fitness Components <p>Thursday (8/27):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dribbling with Feet <p>Friday (8/28):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fitness Workout: Tabata
---	---



<p>What do students need to submit? How can students submit their work?</p>	<p>Submit the Following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1. Take videos/pictures performing activities and send to your school's PE teacher. <input type="checkbox"/> 2. Answer the questions under Closure <input type="checkbox"/> 3. Take a picture/video introducing yourself. We would love to meet you! :) <p>Submit Work Via:</p> <ol style="list-style-type: none"> 1. Electronically via Seesaw (preferred, if possible) 2. Email it to the teacher 3. Drop off at school
---	--



<p>What standards do the lessons cover?</p>	<p>Moves into and out of balances on apparatus with curling, twisting and stretching actions. (S1.E10.4), Kicks along the ground and in the air, and punts using mature patterns. (S1.E21.4) , Uses various locomotor skills in a variety of small-sided practice tasks, dance and educational gymnastics experiences. (S1.E1.4), Dribbles with the feet in general space with control of ball and body while increasing and decreasing speed. (S1.E18.4), Recognizes the enjoyment of participating in different physical activities. (S5.E3.4), Applies the movement concepts with effort concepts and locomotor or manipulative concepts. (S2.E3.4a), Uses technology or other resources to recognize different levels of fitness. (S2.E6.4),</p>
---	--

<p>What materials do students need? What extra resources can students use?</p>	<p>If you do not have access to the materials you need, contact your teacher.</p> <p>Required Materials:</p> <ul style="list-style-type: none"> • See documents <p>Extra Resources:</p> <ul style="list-style-type: none"> • At Home Activities: https://openphysed.org/wp-content/uploads/2018/09/ActiveHome_ActivityPacket.pdf
<p>What can students do if they finish early?</p>	<p>EduTyping https://www.edutyping.com/student</p>
<p>Who can we contact if we have questions?</p>	<p>Brandon Elementary Building Principal: Mr. Horst- Merle.Horst@k12.sd.us PE: Mr. Duncanson- Jeff.Duncanson@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Robert Bennis Elementary Building Principal: Ms. Hofkamp- Kristin.Hofkamp@k12.sd.us PE: Mr. Scholten- Kory.Scholten@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Fred Assam Elementary Building Principal: Ms. Foster- Susan.Foster@k12.sd.us PE: Ms. Brummels- Julie.Brummels@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us Valley Springs Elementary Building Principal: Ms. Palmer- Tanya.Palmer@k12.sd.us PE: Ms. Fitzgerald- Bailey.Fitzgerald@k12.sd.us Adaptive PE: Ms. Boehrns- Dacia.Boehrns@k12.sd.us</p>
<p>Notes:</p>	

Instructional materials are posted below (if applicable)

Brandon Valley School District

WELCOME BACK PE STUDENTS 😊

Monday: (8/24/20)

***You Will Need:** Timer, mat (if you have one) and space to hold your yoga poses

***HAVE FUN and DO YOUR BEST!**

- **Warm Up** (2-3min):
 - 20 Jumping Jacks
 - 1 Jogging Lap around house or apartment building
 - 10 Push-ups (Can modify to knees if you need to)
 - Flamingo Stretch 30 sec hold each leg (Heel to back pocket)
- **Activity** (10 min): Yoga
 - Hold each pose for 1 min.



-  VectorStock.com/9940368
- What other poses can you create and hold for 1 minute? Do you have a name for them?

GREAT WORK TODAY! GO LYNX!

PE 4th Grade

Tuesday: (8/25/20)

*As always, **HAVE FUN** and **DO YOUR BEST!**

***You Will Need:** A rubber ball or rolled up socks if you do not have a ball, a big area outside to kick, objects for cones, *optional* - another person to help retrieve the ball

- **Warm Up** (2-3min):
 - Around your house or apartment building (2-3x)
 - Jog long walls/walk short walls
 - Skip long walls, walk short walls
 - 5 push-ups (can modify if needed)
 - 10 mountain climbers
- **Skill** (5min): **Kicking**
 - Practice kicking with another person - if you don't have another person to kick to you can kick against the wall outside (stay away from windows)
 - Remember your cues:
 - **Cues** to kick a ball
 - Eyes on ball
 - **Step** next to ball with non kicking foot
 - Swing kicking leg back with a bent knee and **kick** ball with the **inside or shoelace** part of your foot
 - Kicking foot **follows through** to target



- **Activity** (10 min): **Kick Far**
 - You're going to kick the ball for **distance** practicing your kicking form in a large area outside
 - Place the ball on the ground and take one step back from the ball
 - Kick the ball as hard as you can
 - Retrieve ball and kick again
 - Now take several steps back from the ball
 - Run up and kick the ball as hard as you can
 - Retrieve ball and kick again
 - Place "cones" or anything you have at your house to mark how far your ball is kicked
 - Kick again

- Did you kick it farther than your first time?
 - Try again
- Set up cones
 - Can you kick the ball past the cones?
 - Try again
- Now see if you can loft the ball (kick the ball in the air while on the ground)
 - What part of the ball do you think you're going to have to kick?
- Try to kick the ball with good form so the ball stays on the ground
 - What part of the ball do you have to kick so it stays on the ground?
- Can you **punt** the ball?
- **Closing:**
 - What are the cues for kicking a ball?
 - Remember to send a video or picture to you PE teacher. We love getting them.

GREAT WORK TODAY! GO LYNX!

PE 4th Grade

Wednesday: (8/26/20)

***You Will Need:** Timer and a safe place to move

*As always, **HAVE FUN** and **DO YOUR BEST!**

- **Warm Up** (4-6 min): 30 sec each movement
 - Jog in place
 - Seat kickers (heel to pocket)
 - 5 Inch Worms
 - Good Jumping Jacks
 - Jumping Jills
 - Seated hamstring stretch each leg
- **Activity** (9 min:) Locomotor Movements - 2 Rounds
 - Every minute you will perform a locomotor movement
 - After that minute you will perform a muscular endurance, flexibility and muscular strength move
 - Perform movements inside/outside
 - **Round 1**
 - Gallop 1 min., perform a squat hold 30 sec.
 - Skip 1 min., perform a butterfly stretch 30 sec
 - Jog 1 min., perform a plank hold 30 sec
 - **Round 2** - Repeat Round 1
- **Cool Down** (2-3 min):
 - Walk and think about who is in control of their fitness. Do you know how many minutes of exercise we need a day, according to the American Heart Association?

PE 4th Grade

Thursday (8/27/20)

*As always, **HAVE FUN** and **DO YOUR BEST!**

***You Will Need:** A rubber/soccer ball, timer, open space, “cones” (objects around your house if you don’t have cones)

- **Warm Up** (2-3min):
 - 20 Jumping Jacks
 - 1 Jogging Lap around house or apartment building
 - 10 Push-ups (Can modify to knees if you need to)
 - Flamingo Stretch 30 sec hold each leg (Heel to back pocket)
- **Skill** (5min) : **Dribbling with Feet**
 - Dribble in open space; slow, medium and fast speeds while staying in control of your ball
 - Do not let it get away from you :)
 - **Cues:**
 - **Push** ball forward with inside, outside or top of foot
 - Keep ball **close** to your feet and under control (should be able to touch ball about every 2nd to 3rd step) - **Small Touches**
 - **Quick looks up**



-
- **Activity** (10 min): **Dribbling with Feet**
 - Dribble in and out of “cones” using your **dominant** foot (most comfortable)
 - Dribble in and out of “cones” using your **non-dominant** foot (least comfortable)
 - Dribble in and out of “cones” using inside of foot (try dominant and non-dominant)
 - Dribble in and out of “cones” using outside of foot (try dominant and non-dominant)
 - Time yourself now... Can you stay in control and get faster with each activity?
- **Closing:**
 - What are the cues for dribbling a ball?
 - What was your slowest timed score and your fastest timed score?
 - Remember to send a video or picture to you PE teacher. We love getting them.

GREAT WORK TODAY! GO LYNX!

PE 4th Grade

Fitness Friday: (8/28/20)

***You Will Need:** A clock to time yourself with a second hand or a timer on your electrical device.

***Have FUN and Do Your BEST!**

Get your family involved. Will they Tabata with you?:)

- **Warm Up** (2-3min):
 - Bear Crawl around the house (rest when needed)



- **Skill/Activity** (12-14 min): **Tabata**
 - Perform exercise for 20 seconds with GREAT form and high intensity (as many as you can - GO HARD), rest for 10 seconds after each movement



- Jumping Jacks (20 sec)
 - Rest 10 (10 sec)



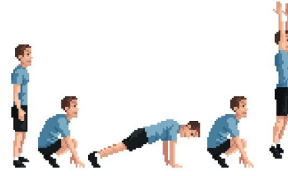
- Push Ups (20 sec)
 - Modify: Go down to knees
 - Rest (10 sec)



- Curl-ups (20 sec)
 - Rest (10 sec)

shutterstock.com • 499551544

- Burpees (20 sec)
 - Rest 10 (10 sec)



- High Knees in Place (20 sec)
 - Rest 10 (10 sec)



- Jog in Place (20 sec)
 - Rest 10 (10 sec)

- Go back to top and **repeat** - 2x total
 - **YOU CAN DO IT!!!**

- **Cool Down** (2min):
 - Walk around your house inside or outside
 - Remember to hydrate with water!!!