**Southfield Public Schools: Lesson Planning Template**

**Teachers Name: Melanie Barker Grade: K-5 Physical Education**

**Lesson: Stretching and Flexibility Exercises Date: Week of June 1, 2020**

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| **Bloom’s Taxonomy** | **Alignment to SPS Curriculum Framework** |
| Evaluation Synthesis Analysis Application Comprehension Knowledge  | National Standards for Physical Education (NASPE): 1, 5, 6 |

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| **KUD** |
| **Know: exercise is important for overall health. Stretching keeps muscles flexible, strong, and helps to maintain range of motion in the joints.****Understand: Without flexibility, muscles become tight and weak and are unable to extend all the way. This can lead to injury.****Do: Complete the stretching and flexibility exercises by grade level through google classroom. Do your best!** |
| **Essential Questions:** Students should consider these questions:1. How can being flexible help me with daily tasks or if I am playing a game or sport?
2. Why is it important to have flexible muscles?

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| **Assessment** How are you collecting evidence of student understanding? How are you using that information to inform your instruction? |
| **Summative & Formative Assessments, Performance Task(s) & Other Evidence i.e.** Pre-assessments, UnitTests, Quizzes, Essays, Exit Cards, etc.Students can keep a daily log on which activities they completed or comment under each exercise video that they completed. \*\*See google classroom: class code kuvsl6p |
| **Instructional Learning Plan**How will the lesson support student acquisition, meaning-making and transfer of content knowledge, understandings and skills? |
| **The following instructions are also posted on Google Classroom:****\*\*\*Google classroom code: kuvsl6p****Grades K-2 Assignment:**Hi everyone!I hope you are all doing well! This week, we are going to focus on stretching and flexibility exercises. Stretching helps your muscles stay flexible and not tight. When your muscles are tight, they become weak and then they can't move as much as you would like and that can lead to injury.Ask yourself: How can stretching and flexibility exercises help me with daily tasks? If I play a sport or game, how can being flexible help me?Please spend at least 10-15 minutes each day following along to one of the videos that will help you stretch a variety of muscles in your body. You can try them all or pick the ones you like the best. Make sure you choose one of them to do each day and do the best you can do to follow along.On Friday (with the help of a parent/guardian) make a comment on my google classroom page and tell me how many minutes you completed. My goal for you is to complete at least 50 minutes of exercises each week. Have fun and keep moving![🏆💪SUPER SIMPLE STRETCHES For Kids & Gymnasts 🤸‍♀️ Build a STRONG Body 💪🥇](https://www.youtube.com/watch?v=wK99lII1oFM" \o "🏆💪SUPER SIMPLE STRETCHES For Kids & Gymnasts  🤸‍♀️ Build a STRONG Body 💪🥇" \t "_blank)[YouTube video](https://www.youtube.com/watch?v=wK99lII1oFM" \o "🏆💪SUPER SIMPLE STRETCHES For Kids & Gymnasts  🤸‍♀️ Build a STRONG Body 💪🥇" \t "_blank)[SUPER YOGA! - Stretch Safari | Fun Workout For Kids](https://www.youtube.com/watch?v=ybPwuaGoa9E" \o "SUPER YOGA! - Stretch Safari | Fun Workout For Kids" \t "_blank)[YouTube video](https://www.youtube.com/watch?v=ybPwuaGoa9E" \o "SUPER YOGA! - Stretch Safari | Fun Workout For Kids" \t "_blank)[Stretches for the Inflexible! Beginner Flexibility Routine](https://www.youtube.com/watch?v=jeNwE4VXqgs" \o "Stretches for the Inflexible! Beginner Flexibility Routine" \t "_blank)[YouTube video](https://www.youtube.com/watch?v=jeNwE4VXqgs" \o "Stretches for the Inflexible! Beginner Flexibility Routine" \t "_blank)[Calm Kids: Full Body Stretch](https://www.youtube.com/watch?v=xELgfiXSw-s" \o "Calm Kids: Full Body Stretch" \t "_blank)[YouTube video](https://www.youtube.com/watch?v=xELgfiXSw-s" \o "Calm Kids: Full Body Stretch" \t "_blank)[Pokemon | A Cosmic Kids Yoga Adventure](https://www.youtube.com/watch?v=tbCjkPlsaes" \o "Pokemon | A Cosmic Kids Yoga Adventure" \t "_blank)[YouTube video](https://www.youtube.com/watch?v=tbCjkPlsaes" \o "Pokemon | A Cosmic Kids Yoga Adventure" \t "_blank)**Grades 3-5 Assignment:**Hello everyone!I am attaching 5 different daily workouts for grades 3-5 for this week. Pick a different one for each day until you have completed them all for the week. You can do them in whatever order you would like. This week we will focus on stretching and flexibility. Stretching keeps muscles flexible and strong. Without flexible muscles, they become tight and unable to extend all the way and that can lead to injury. Each workout has a specific time you are going to hold your stretch (mostly 30 seconds) so make sure you look for the time limit on each workout and time yourself accordingly.Ask yourself: Why is stretching important? How can keeping my muscles flexible help me with daily activities or while playing a game or sport?\*\*At the end of the week, please make a comment on google classroom and let me know how many of the workouts you completed. Example: "I completed 4 out of 5" or "I completed all 5 workouts." You can also let me know which ones you liked, disliked, or found challenging.[tug-of-war-workout.pdf](https://drive.google.com/open?id=1_Rh4x1bzySZIVgs3T-fysOpgoDtWU2ja&authuser=0" \o "tug-of-war-workout.pdf" \t "_blank)[PDF](https://drive.google.com/open?id=1_Rh4x1bzySZIVgs3T-fysOpgoDtWU2ja&authuser=0" \o "tug-of-war-workout.pdf" \t "_blank)[finish-line-workout.pdf](https://drive.google.com/open?id=1mFUPI_vFbbF85aLkfdzpWLakK7bjJctW&authuser=0" \o "finish-line-workout.pdf" \t "_blank)[PDF](https://drive.google.com/open?id=1mFUPI_vFbbF85aLkfdzpWLakK7bjJctW&authuser=0" \o "finish-line-workout.pdf" \t "_blank)[better-balance-workout.pdf](https://drive.google.com/open?id=12jy8CFsBbTvG0H2_a4CsIsjPsDfSZ7bH&authuser=0" \o "better-balance-workout.pdf" \t "_blank)[PDF](https://drive.google.com/open?id=12jy8CFsBbTvG0H2_a4CsIsjPsDfSZ7bH&authuser=0" \o "better-balance-workout.pdf" \t "_blank)[farpoint-workout.pdf](https://drive.google.com/open?id=1Gg4jdindKaco6prNa93SATRcjkhZf5Zt&authuser=0" \o "farpoint-workout.pdf" \t "_blank)[PDF](https://drive.google.com/open?id=1Gg4jdindKaco6prNa93SATRcjkhZf5Zt&authuser=0" \o "farpoint-workout.pdf" \t "_blank)[superhero-stretch-workout.pdf](https://drive.google.com/open?id=1rM4v3Zk7dGUJIM8joTGP8JdLB2tqKVWr&authuser=0" \o "superhero-stretch-workout.pdf" \t "_blank)[PDF](https://drive.google.com/open?id=1rM4v3Zk7dGUJIM8joTGP8JdLB2tqKVWr&authuser=0" \o "superhero-stretch-workout.pdf" \t "_blank) |
| **Instructional Resources/Materials/Technology** *(Elmo; United Streaming; Lap Tops; etc)***Chromebook, paper, pencil****Physical Activity Log sample posted on google classroom for reference** |
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