**Physical Education Lesson for the Week**

**May 1st- 31st – National Sport and Fitness Month**

**May 4th – 8th, 2020**

**National Screen Free Week** - During the first week of May, thousands of families, schools, and communities around the world will put down their entertainment screens for seven days of fun, connection, and discovery. You can celebrate Screen-Free Week at home, in your school, in your community, or anywhere – just put down those entertainment screens and do literally anything else! “Entertainment screens” means that you can’t use Screen-Free Week as an excuse not to do your homework or your job. But if you’re a teacher or boss, you can help everyone celebrate by reducing the amount of screen-based work you assign!

* *Check out the video messages throughout the week!*
* **We have covered all the Muscles of the Month for the school year. We are going to continue to do a muscle of the week each week. Review the muscle with your child by saying what the muscle is for the week. Have them show you where it is on their body. Next, show them the picture on the slides to see if they were correct. Finally, explain what it is used for or have them explain what it is used for (attached you can use the slides/pictures to assist with your child).**
* **Continue Each Day During May to perform the activities on that specific day using your May activity calendar attached.**

**Monday –**  **Perform 15 lunges each leg (use the video for a reference)**

**Click video link** [**https://youtu.be/FnUEsp-mQpU**](https://youtu.be/FnUEsp-mQpU)

**Tuesday – Perform 15 kicks with your favorite leg (practice kicking a ball, if you do not have a ball pretend a ball was there and kick it)**

Critical elements to kicking:

1. Running or jogging approach to the ball
2. Plant your non-dominant (non-kicking) foot beside the ball
3. Contact the ball with your toes or shoelaces
4. Follow through on your kick

**Wednesday- Perform for 30 seconds jogging in place trying to get your knees as high as you can. Attempt this exercise 3 times total. Take breaks where needed!**

**Click video link** <https://youtu.be/D0GwAezTvtg>

**Thursday – Perform 15 step-ups (15 up and 15 down on a single step)-use the video link as an example.**

**Click video link** [**https://youtu.be/dG75KOf4EtY**](https://youtu.be/dG75KOf4EtY)

**Friday – Self – Test day- follow the example video provided to help you perform the fitness test for the week involving the quadriceps. This will be a great way to test your muscular strength, muscular endurance, and quadriceps for the week once you have completed all the daily skill/fitness routines.**

**Self – Test Video = Click the Icon 🡪** [**https://youtu.be/6etwjsnMORQ**](https://youtu.be/6etwjsnMORQ)

**Try the Following for Friday’s Self-Test Day: Shuttle Run -Refer to the description at the bottom of the lesson.**

**Perform Quadricep Self-Test = Fitness Level or Titan Level (refer to charts provided below)**

**Be Safe, Be Healthy, Stay Active!**

**Shaler Area School District**

**Primary PE Department**

**Yours in Fitness and Health,**

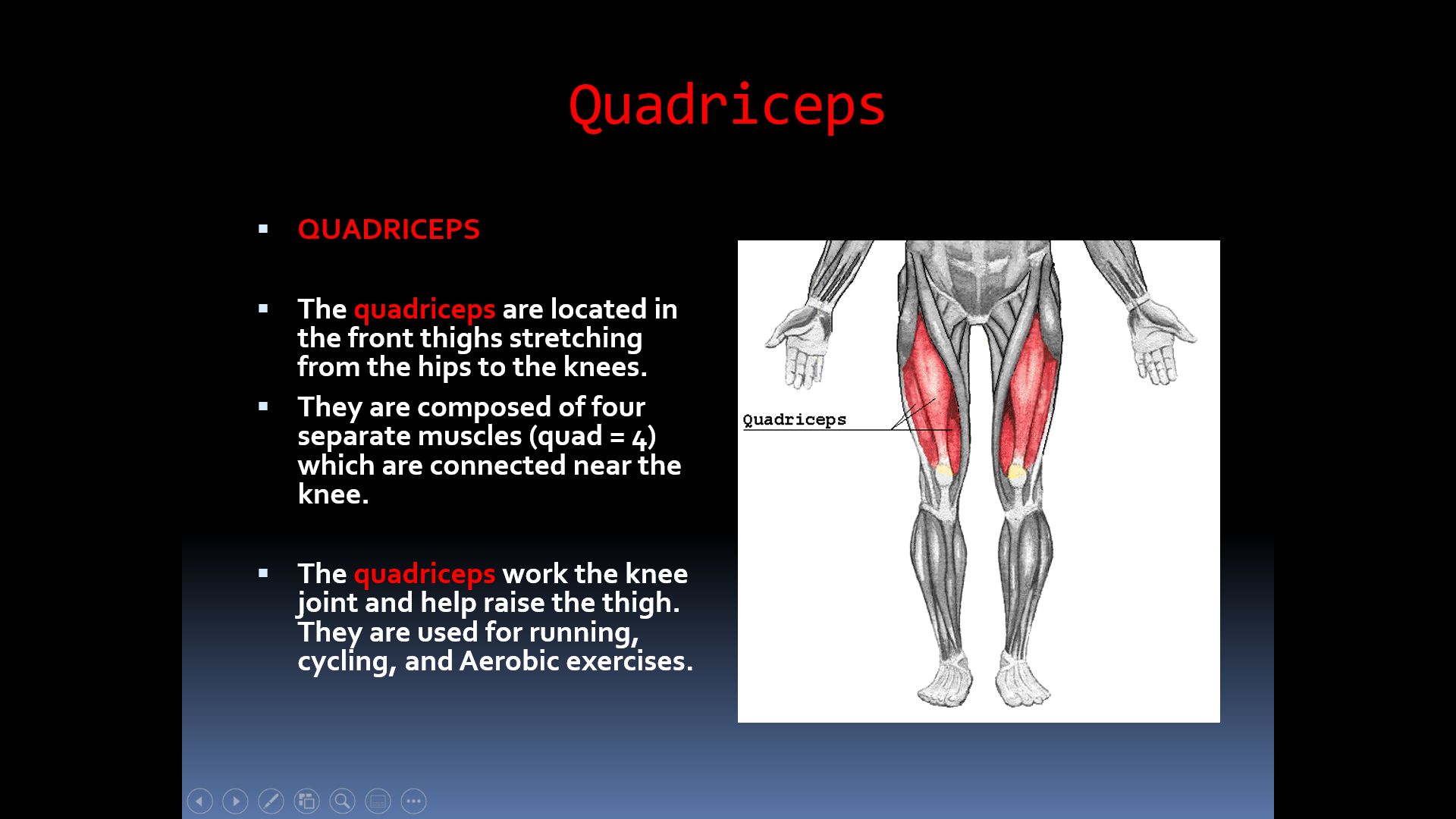
**Mr. Chmielewski**

**Muscle of the Week**

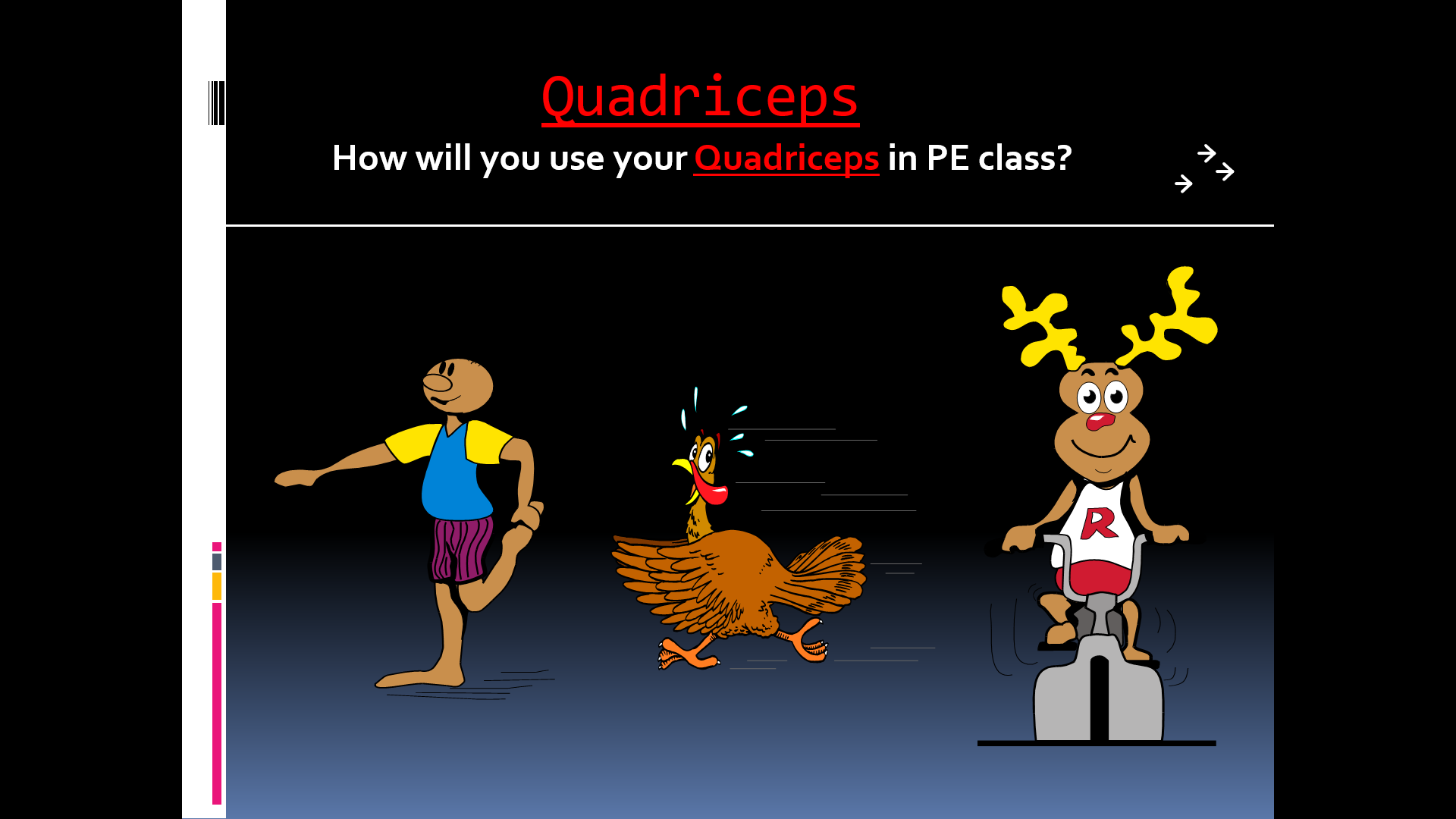


Muscle of the Week

**Function of the Quadriceps**



**How do we use these muscles in PE?**



**Fitness Test-we use the Quadriceps in PE CLASS to test muscular strength and muscular endurance – Shuttle Run Test**



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| **National** **Observances**  ● May 1-7: National Physical Education and Sport Week ● May 4th: Star Wars Day  ● May 5th: Cinco de Mayo  ● May 6th: National Nurses Day ● May 10th: Mother’s Day | | |  |  | 1 **Commercial** **Break**  Can you hold a plank for an entire TV commercial break? | 2 **Dribble** **Challenge**  Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving? |
| 3 **How** **Fast** **Can** **You** **Go?**  Pick a distance and see how fast you can run the distance. | 4 **Star** **Jumps**  Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | 5 **Celebrate**  Put your favorite song on and make up a dance or fitness routine! | 6 **A** **Gratitude** **Attitude** Write down something you’re thankful for and why. | 7 **Inchworms**  Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up. | 8 **Teacup** **Tip-ups**  Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. | 9 **Musical** **Frogs**  This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows). |
| 10 **Positive** **Talk**  Be sure to talk to yourself today like you would talk to someone you love. | 11 **Yoga**  Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. | 12 **Wild** **Arms**  As fast as you can complete: 10 Arm Circles front & back 10 Forward punches  10 Raise the Roof’s Repeat 3x | 13 **Mindful** **Senses**  What do you notice around you? Find:  5 things you see 4 things you feel 3 things you hear 2 things smell  1 thing you taste | 14 **Crawl** **Like** **a** **Seal**  Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight. | 15 **Rock** **Paper** **Scissors** **Tag** Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.  . | 16 **Family** **Mindful** **Snacking** When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you’re eating. What do you notice? |
| 17 **Rock** **Paper** **Scissors** **Tag** Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team. | 18 **Chair** **Pose**  Hold for 30 seconds, relax then repeat. | 19 **Paper** **Plate** **Planks**  In plank position with paper plates under your feet. Complete 30s each:  -mountain climbers -in and out feet  -knees to chest | 20 **Commercial** **Break**  Can you hold a plank for an entire TV commercial break? | 21 **Jump,** **Jump**  Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice. | 22 **Positive** **Talk**  Be sure to talk to yourself today like you would talk to someone you love. | 23 **Play** **Catch**  Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. |
| 24 **Before** **Bed** **Breathing**  While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. | 25 **Crane** **Pose**  Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. | 26 **Step** **Jumps**  Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | 27 **A** **Gratitude** **Attitude** Write down something you’re thankful for and why. | 28 **Wake** **and** **Shake**  As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times. | 29 **Walls**  Face each wall in a room and do a different exercise for 30 seconds  -side shuffle  -grapevine to left then right -wide stance punches  -vertical jumps | 30 **How** **Fast** **Can** **You** **Go?** Pick a distance and see how fast you can run the distance. |
| 31 **Wild** **Arms**  As fast as you can complete: 10 Arm Circles front & back 10 Forward punches  10 Raise the Roof’s Repeat 3x | **SHAPE** **America** **recommends** **school-age** **children** **accumulate** **at** **least** **60** **minutes** **and** **up** **to** **several** **hours** **of** **physical** **activity** **per** **day.** **Each** **bout** **of** **physical** **activity** **should** **be** **followed** **by** **cool-down** **stretches** **that** **help** **reduce** **soreness** **and** **avoid** **injury.** **Happy** **exercising!**  Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) <https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx> | | | | | |

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| --- | --- | --- | --- | --- |
| SHUTTLE RUN(seconds) | | | | |
| AGE | BOYS ~  FITNESS | BOYS ~  TITAN | GIRLS ~  FITNESS | GIRLS ~  TITAN |
| 6 | 13.3 | 12.1 | 13.8 | 12.4 |
| 7 | 12.8 | 11.5 | 13.2 | 12.1 |
| 8 | 12.2 | 11.1 | 12.9 | 11.8 |
| 9 | 11.9 | 10.9 | 12.5 | 11.1 |
| 10 | 11.5 | 10.3 | 12.1 | 10.8 |

**SHUTTLE RUN DESCRIPTION :** Start with two lines 30 feet apart. (Chalk can be used for this) Place two blocks of wood behind one line or any object the students can pick up easily. Go to the opposite line and at the signal “Ready, Go” run to the other line, pick up one block(or object picked), run back to the line you started at and place it on the floor behind the line. Run back to the other line, pick up the second block (or object) and run back and cross the starting line. Do this as fast as you can, without throwing the blocks (or objects).

Have someone time you and compare your results with the charts.