

Tuesday's Conant PE Sub Packet/Lesson

Tuesday's Daily PE Schedule: (2021-2022)

10:50 AM-11:35AM- 3rd Lemieux

12:35 PM- 2:15PM -2nd Zamary

2:25 PM- 3:10PM- 6th Wilcox

Important Reminders:

- 1. Face masks for everyone at all times indoors**
- 2. Hand Sanitation is required at the end of PE class**
- 3. Equipment: Please make sure all PE equipment is put away in the PE closet or office**
- 4. Air Purifiers: Please turn them off at the end of the day**
- 5. Issues/Concerns: Please leave me a note with full details.**

Grade level: K-2nd:

Indoor:

Listed down below is the basic layout of physical education class at Conant. Please feel free to follow as is or change based on your comfort level.

Equipment: Most of the equipment for the activities are in the PE closet. Please check the boxes or bins with labels when possible. Please be sure to put away the equipment used neatly back in the proper places.

Warm Up/Attendance (10 Min):

The teacher is the lead instructor on the stretches.

Stretching routine:

Hands on hips. Move forward and back. Side to Side. Look up and Down

Letter Stretches- reach to right. Hold for 10 seconds. Reach for the left and hold for 10 seconds.

Arm circles- standing still and moving the arms forward and then backwards.

10 Jumping Jacks/Jill's-

Motor Skill Set:

Everyone lined up on the black lines. On the teacher's signal the students will perform the following basic motor skills.

Students will run and stop at the other black line.

Students will skip and stop at the other black line.

Students will hop on two feet to the other black line.

Special motor skill week: Select a random motor skill and have the students perform it and stop at the other black line.

Main Activity (30 Minutes for 1st and 2nd/ 20 minutes for K): Please go over the instructions and rules with the entire class. Have students demonstrate as needed.

P. E Activity Station #1:

Cup Stack

Equipment: Cupstacks

Directions: Each student must start with 6 cup stacks cups. The goal for each student is to create a 3-2-1 cup pattern in a timely manner. Once mastered these skills, students may take 1-2 cups each and may combine and work with others to build different shapes and patterns.

Here is the youtube video for instructions and support as needed:

<https://youtu.be/r0CAhcn5N9A>

P. E Activity Station #2:

Scarves

Equipment: Scarves

Directions: Each student will start with two scarves of their choice. The goal is to create a throwing and catching pattern. Pattern#1 is a circle pattern to the right in the air. Pattern#2 is the circle pattern to the left. Once the two patterns are completed, students may take an additional scarf.

Variations: Students may practice juggling with other students after the two completed patterns have been demonstrated.

Safety: No throwing scarves at student's heads. Do not put scarves on the heads (lice).

See video for more information:

<https://youtu.be/rpqRHWqtINc>

Closure (5 Minutes):

Have the students line up on the white x's labeled on the gym floor. Please have them wait for their classroom teachers to exit out of the gym quietly. If needed, have the students help you clean up the equipment if this is the end of the day class. Please be sure to hand sanitized the student's hands before leaving the gym.

Grade level : 3rd -6th

Listed down below is the basic layout of physical education class at Conant. Please feel free to follow as is or change based on your comfort level and experience.

Equipment: Most of the equipment for the activities are in the PE closet. Please check the boxes or bins with labels when possible. Please be sure to put away the equipment used neatly back in the proper places.

Warm Up Activity (10 Minutes):

Exercise station(s)- 4 hula hoops with an exercise card in each hula hoop. 1 exercise card per hoop. 4 exercise groups. Use the student group making bottled (Labeled) to make the exercise groups. The hula hoops rings are in the blue circle bag in the Physical Education closet. Please show or have a student demonstrate the specific exercise on the exercise cards as a quick review. Students can make their own groups. Have the group rotate every 3 minutes together so each group completes each exercise station. Some of the exercise cards are in the substitute folder packet for you.

Main Activity (30 Minute): Go over the instructions and rules with the entire class. Partner station activities. Go over a quick 5 minute review of the activities(s) station(s). Have the students in groups of (2) or (3)'s. The group participates in one physical activity for 15 minutes. Then tell the group to rotate the activity station(s). Supervise the activity and facilitate putting a student in a group if the individual does not have a partner.

Please see the attached packet of station works and/or activities that were played in recent past class sessions.

Closure (5 Minutes):

3-2-1 Review: Ask the students the following questions on today's lessons:

1. What are three things you learned today?
2. What are two things you would like to improve on?
3. How is your day going? Thumbs up or Thumbs down?

Followed by line up on the white x's labeled on the gym floor. Please have them wait for their classroom teachers to exit out of the gym quietly.

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