

DISTANCE LEARNING- Week 5

3rd - 6th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	Interacting positively with others and respecting individual differences (strengths and weaknesses) in skill and motivation shows good sportsmanship and maturity.				
Warm-Up	NFL Play 60: Performance	NFL Play 60: Lateral Movements	NFL Play 60: Agility	NFL Play 60: Y-Not	NFL Play 60: Score!
Knowledge Building	Self-responsibility in physical activities includes responding to losing <i>and</i> winning with dignity and respect.	Self-responsibility in physical activities includes accepting responsibility for your own performance without blaming others.	Good sportsmanship includes acknowledging orally the contributions and strengths of others (teammates and opponents).	When working with a team/group on an activity, individuals should contribute ideas <i>and</i> listen to the ideas of others.	Displaying good sportsmanship shows maturity and empathy by considering the feelings of others.
Fitness Activity	Shadow Sports Perform the following station: Soccer	With a partner, <u>use only your feet</u> to pass an object (balloon, sock ball, etc.) from Point A to Point B <u>without letting it touch the ground</u> . After you pass it to your partner, stand up and move to other side of partner in order to continue advancing towards Point B.	Shadow Sports Perform the following station: Volleyball	With a partner, <u>use only your feet</u> to pass an object (balloon, sock ball, etc.) from Point A to Point B <u>without letting it touch the ground</u> . After you pass it to your partner, stand up and move to other side of partner in order to continue advancing towards Point B.	Shadow Sports Perform the following station: Tennis
Journal/ Reflection	Record your physical activity (PA) in your PA Journal What is one goal you will set for yourself this week?	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Write a reflection: What were your biggest challenges this week? Successes? How will

					you improve on your challenges?
Physical Activity Break (to be completed throughout day whenever a break is needed)					
May 2020 Drop Everything and Move Calendar					

POSSIBLE DISCUSSION QUESTIONS:

- What might good sportsmanship look like when you win a game? When you lose a game?
- What does taking responsibility for your own performance look like? What does it NOT look like?
- When playing a game, how does taking responsibility for your performance help a team or group?
- What impact might a positive thing you say during a game have on a teammate? An opponent?
- How can a team or group benefit from listening to ideas, or contributing ideas in a game?
- What are some positive comments you have used during PE this week?