



Curriculum Mapping Project

Elementary



ACTIVE HOME PHYSICAL EDUCATION: 3-5 Fitness Knowledge

| 5 Day Rotation | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------------------------|--|---|---|--|--|
| Concept of Focus | I can keep an active lifestyle while staying at home from school. | I can develop my personal fitness by staying active for 60 minutes each day. | I can develop my cardiorespiratory endurance at home. | I can develop my muscular strength at home to improve overall fitness. | I can flex and extend my muscles to improve my overall fitness. |
| Academic Language for Today | ACTIVE LIFESTYLE A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines. | FITNESS The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living. | CARDIORESPIRATORY ENDURANCE The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise. | MUSCULAR STRENGTH The maximum amount of force a muscle can produce in a single effort. | DYNAMIC STRETCHING An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles. |
| Warm-up | Trolls September | Trolls September | Trolls September Dance | Trolls September | Trolls September |
| OPEN Home Activity | Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card | Health-Related Fitness Today we're going to complete a series of Health-Related Fitness Challenges. Health Related Card | Skill Related Fitness Today we're going to complete a series of Skill-Related Fitness Challenges. Skill Related Card | Invisible Dumbbells Today we're going to complete a series of Invisible Dumbbell Challenges. Invisible Dumbbell Card | Fitness Knowledge Today you're going to complete a series of 1-Minute Fitness Challenges. 1 Minute Fitness Challenges Card |
| Daily Fitness Activity | DEAM Calendar | DEAM Calendar | DEAM Calendar | DEAM Calendar | DEAM Calendar |
| Mindfulness | Choose 3 poses to perform. Hold each pose for 30sec to 60 sec. Yoga Flash Cards | Sun Salutation #1 Perform with family following the peer coaching cards. Sun Salutation #1 | Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards | Sun Salutation #2 Perform with family following the peer coaching cards. Sun Salutation #2 | Choose three poses to perform with family. Hold each pose for 30sec to 60 sec. Yoga Flash Cards |
| Assessment(s) | Physical Activity Log | Physical Activity Log | Physical Activity Log | Physical Activity Log | Physical Activity Log |



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