**K-2**

**Model Flow of Learning in Hybrid Instruction**

**Physical Education**

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| **Notes: The following is an example of what instruction could look like using a hybrid instructional model. Since schools use varying specials rotation schedules, each lesson will be listed as a different day in the rotation.**     * **Virtual/At-Home Physical Education instruction should be delivered using one of the following ways:**   + **Asynchronous using Google Meet or Zoom**   + **Posted lesson with step by step instructions (including links to materials and resources) on Google Classroom**   + **Pre-recorded video lesson of the specific school’s PE Teacher posted on Google Classroom** | | |
| **Day** | **AA Group** | **BB Group** |
| **Wednesdays** | **Virtual/At-Home (C Group - AA and BB Combined)**  Review of previous lesson via Google Meet or Zoom   * Examine key vocabulary from previous lesson * Discuss and encourage modifications made while completing lessons from home * Encourage students to focus on challenging themselves by doing their personal best * Cover importance of getting permission before students practice skills outdoors * Look ahead to upcoming lesson | |
| **1**  **2**  **3**  **4**  **5**  **6**    **7** | **Virtual/At-Home**  Walking and jogging lesson 12   * Run and Assume Shape * Walk, Trot and Jog Activity * Walking/Jogging Skills   + Student watches teacher led walking/jogging challenges   + Students then go outdoors and practice * <https://navigator.fcps.net/storage/1862/Walking-and-jogging-skills-lesson.docx>     Rhythmic Movement Skills Lesson 13   * Student Selected Warm-up   + Students pick from list provided by teacher * Follow along dance   + Students follow along to pre-recorded video of teacher led dance * <https://navigator.fcps.net/storage/2160/Week-13-Rhythmic-Movement-Skills-1.docx>   Jump Rope Skills Lesson 14   * Crossing student created imaginary River * Circuit Training   + Students pick from list of options   + Students set up a circuit outdoors * Fundamental Skills   + Students follow along to a pre-recorded jump rope video led by teacher * [**https://navigator.fcps.net/storage/2161/Week-14-Long-Jump-Rope-Skills.docx**](https://navigator.fcps.net/storage/2161/Week-14-Long-Jump-Rope-Skills.docx)     Gymnastics Skills 2 Lesson 15   * Popcorn in space   + Teacher leads instruction on pre-recorded video * Create Your Own Mini-Challenge Course * <https://navigator.fcps.net/storage/2162/Week-15-Gymnastics-Skills-2.docx>   Rhythmic Movement Skills 2 Lesson 16   * Create Your Own Mini-Challenge Course * Create a Dance   + Student records self dancing   + Student watches own video and follows along * <https://navigator.fcps.net/storage/2163/Week-16-Rhythmic-Movemennt-Skills-2.docx>   Throwing Skills Lesson 17   * Fitness Choices from Idea Bank * Throwing Skills   + Teacher breaks down mechanics in video while student mimics indoors   + Student practices outside * <https://navigator.fcps.net/storage/2164/Week-17-Throwing-Skills.docx>     Basketball Related Skills Lesson 18   * Duplicate a Fitness Challenge from an in-person lesson * Manipulative Skills   + Follow along to a teacher led video * <https://navigator.fcps.net/storage/2165/Week-18-Basketball-Related-Skills-Lesson.docx> | **In-Person**  Walking and jogging lesson 12   * Run and Assume Shape * Walk, Trot and Jog Activity * Walking/Jogging Skills * Look ahead to lesson 13 and give examples of how to modify at home lessons * <https://navigator.fcps.net/storage/1862/Walking-and-jogging-skills-lesson.docx>     Rhythmic Movement Skills Lesson 13   * Simple Games * Dance along * Teacher created dance * <https://navigator.fcps.net/storage/2160/Week-13-Rhythmic-Movement-Skills-1.docx>     Jump Rope Skills Lesson 14   * Crossing the River * Circuit Training * Fundamental Skills * Aviator * [**https://navigator.fcps.net/storage/2161/Week-14-Long-Jump-Rope-Skills.docx**](https://navigator.fcps.net/storage/2161/Week-14-Long-Jump-Rope-Skills.docx)   Challenge Course Skills 2 Lesson 15   * Popcorn in space * Mini-Challenge Course * Gymnastics Skills * <https://navigator.fcps.net/storage/2162/Week-15-Gymnastics-Skills-2.docx>     Rhythmic Movement Skills 2 Lesson 16   * Drill Sergeant * Mini-Challenge Course * Teacher Created Dance * <https://navigator.fcps.net/storage/2163/Week-16-Rhythmic-Movemennt-Skills-2.docx>     Throwing Skills Lesson 17   * Move, Perform Task on Signal * Fitness Choices * Throwing Skills * <https://navigator.fcps.net/storage/2164/Week-17-Throwing-Skills.docx>     Basketball Related Skills Lesson 18   * Activity with Playground Ball * Fitness Challenges * Manipulative Skills * <https://navigator.fcps.net/storage/2165/Week-18-Basketball-Related-Skills-Lesson.docx> |