**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**
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| **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>
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