**3rd-5th Grade**

**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 Activities Lesson 12   * Fitness Orienteering   + Detailed list of instructions to follow posted on Google Classroom * Walking Activities   + Student watches teacher led video   + Student practices outdoors * <https://navigator.fcps.net/storage/2130/Week-12-Walking-Activities.docx>   Rhythmic Movement Skills Lesson 13   * Hexagon Hustle   + Students create stations to rotate through outdoors when possible * Rope Jumping to Music   + Student challenges self to favorite music   + Student focuses on jumping to the beat * <https://navigator.fcps.net/storage/1860/Rhythmic-movement-skills.docx>   Jump Rope Skills Lesson 14   * Fitness Orienteering   + Students use the list provided in the week 12 lesson and create their own list to complete * Individual Jump Rope Skills   + Student follows along to teacher led video * Juggling   + Student uses plastic grocery store bags   + Student follows along to teacher led video * [**https://navigator.fcps.net/storage/1805/Long-Jump-Rope-Skills-3-5.docx**](https://navigator.fcps.net/storage/1805/Long-Jump-Rope-Skills-3-5.docx)     Gymnastics Skills 2 Lesson 15   * Challenge Course   + Student trys to duplicate challenge course they used at school with non-traditional items they have access to at home * Animal movements   + Students follows along to teacher led video where they mimic the movements of various animals * Balancing   + Students perform various one leg balancing challenges from a list posted on Google Classroom   + I.e. One leg balancing while bouncing, catching and switching a ball * <https://navigator.fcps.net/storage/2134/Week-15-Gymnastics-2.docx>   Rhythmic Skills 2 Lesson 16   * Smiling at family members * Challenge Course   + Student sets previously made challenge course back up, but re-arranges the sequence * Dance   + Students Create dance and write moves on paper   + Student decides whether to change moves on the 8 or 16 count   + Student finds upbeat music to play   + Student performs created dance * <https://navigator.fcps.net/storage/2135/Week-16-Rhythmic-Skills-2.docx>   Basketball Skills 1 Lesson 17   * Leader Movements   + Students pick from a list of movements posted on Google Classroom * Aerobic Fitness   + Students follow along to teacher led exercise video * Basketball Skills   + Passing to wall   + Catching from wall   + Dribbling in space   + Shooting to wall or outdoor goal when possible   Basketball Skills 2 Lesson 18   * Strength deck of cards fitness challenge   + Students follow directions of how to play that are posted on Google Classroom   + Students create their own cards or use existing playing cards * Basketball Skills   + Lay-up mechanics     - Use outdoor goal when possible   + Defensive Drills     - Students choose from list posted on Google Classroom * <https://navigator.fcps.net/storage/2137/Week-18-Basketball-Skills-2.docx> | **In-Person**  Walking Activities Lesson 12   * Fitness Orienteering * Walking Activities * <https://navigator.fcps.net/storage/2130/Week-12-Walking-Activities.docx>     Rhythmic Movement Skills Lesson 13   * Following Activity * Hexagon Hustle * Rope Jumping to Music * <https://navigator.fcps.net/storage/1860/Rhythmic-movement-skills.docx>     Jump Rope Skills Lesson 14   * Fitness Orienteering * Individual Jump Rope Skills * Juggling * [**https://navigator.fcps.net/storage/1805/Long-Jump-Rope-Skills-3-5.docx**](https://navigator.fcps.net/storage/1805/Long-Jump-Rope-Skills-3-5.docx)   Gymnastics Skills 2 Lesson 15   * Create Your Own Challenge Course * Animal Movements * Balancing * <https://navigator.fcps.net/storage/2134/Week-15-Gymnastics-2.docx>     Rhythmic Skills 2 Lesson 16   * Create Your Own Challenge Course * Dance (Create & Perform) * <https://navigator.fcps.net/storage/2135/Week-16-Rhythmic-Skills-2.docx>     Basketball Skills 1 Lesson 17   * Leader Movements * Aerobic Fitness * Basketball Skills   + Passing to wall   + Catching from wall   + Dribbling   + Shooting to wall * [**https://navigator.fcps.net/storage/2136/Week-17-Basketball-Skills.docx**](https://navigator.fcps.net/storage/2136/Week-17-Basketball-Skills.docx)   Basketball Skills 2 Lesson 18   * Resistance Band Fitness * Basket Skills   + Defending   + Lay-up mechanics   + Defensive Drills * <https://navigator.fcps.net/storage/2137/Week-18-Basketball-Skills-2.docx> |