**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**
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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
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| **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>
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