



P.E. Virtual Learning

3rd Grade PE



Health, Nutrition & Exercise Fitness

April 13th- 17th, 2020



3rd Grade P.E. Lesson

Learning Target:

Students will combine 3 elements of physical education each day to establish good healthy fitness habits.



This is a review lesson for 3rd Grade P.E.

- Dynamic stretching (warm up and exercises videos)
- Health lesson of the day (video)
- Nutrition tip of the day (video)



Let's Get Started:

Learning Dynamic Stretch movements.

- Stretching should always be part of your exercise routine.
- Students must always warm up before exercising.
- Stretching will make your workout that much better.

Warm-up stretches: Click on the link below!

1. Side Shuffle (go right side then to the left side)
2. Carioca (4 - 5 going left then to the right)
3. Back pedal jog (10 steps backwards each leg)
4. Power skip plus reach (10 times each way)

Warm-up video: <https://www.youtube.com/watch?v=vMC8v35ksZ8>

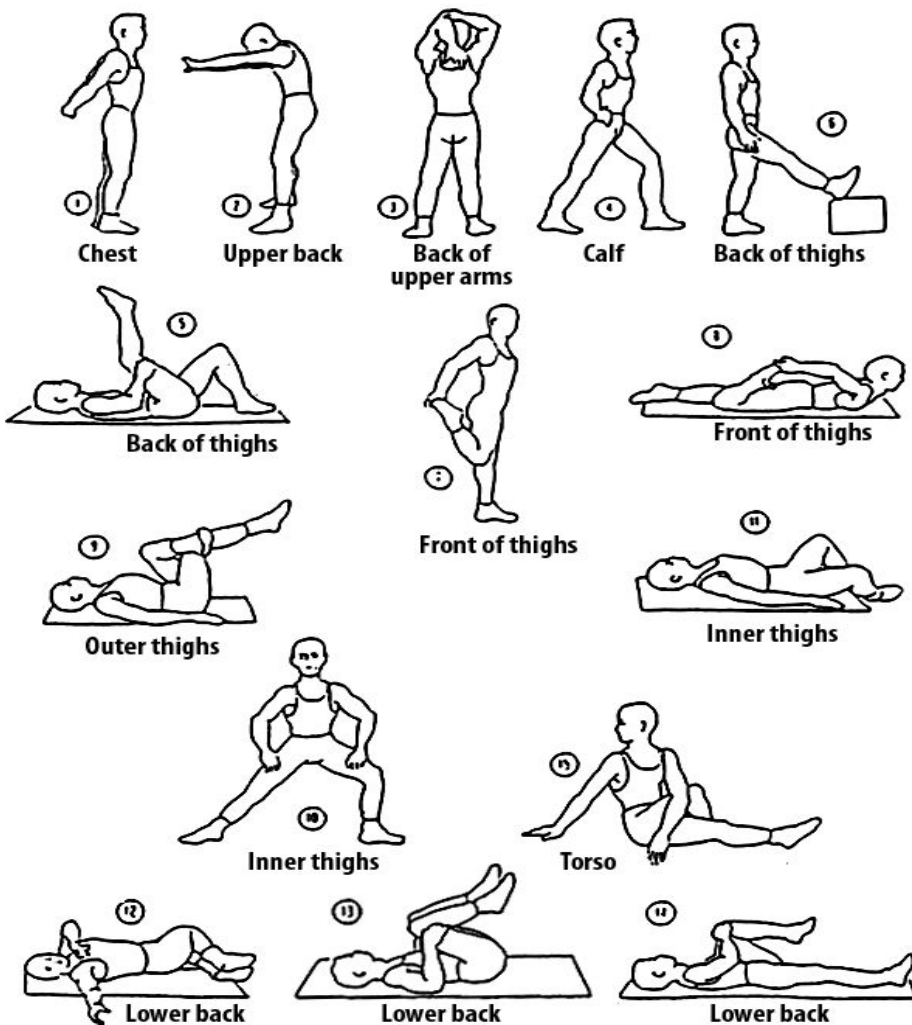


Stretches for Brain Breaks:

Let's do this!

**Do as many as you can
between your other lessons**

**Remember to hold each
stretch while counting to 10**



Today's Exercises

Let's get ready to exercise!



Clicking on the video below and let's have some fun moving!

Video for today: <https://www.youtube.com/watch?v=vDu1HZvnMyc>

Nutrition for today's healthy students:



Your Goal:

Pick 4 food items on the card
with 1 dessert to make a meal.

See how many different healthy
meals you can put together!

Look & See Shop With Me Bingo

 Lettuce	 Cereal	 Apple	 Juice
 Eggs	 Milk	 Butter	 Yogurt
 Bread	 Corn	 Cookies	 Ice Cream
 Banana	 Hot Dog	 Chicken	 Cheese
 Bacon	 Chocolate	 Tomato	 Bagel

Today's health lesson is about your teeth.

Brushing is very important to keep your teeth healthy!

Five steps to brush your teeth properly.

1. *Get the Right Toothbrush and Toothpaste. ...*
2. *Use a Small Amount of Toothpaste. ...*
3. *Start With Side-to-Side Movement. ...*
4. *Brush Your Tongue. ...*
5. *Don't Forget to Floss After You Brush Your Teeth.*

Here's a short video: <https://safeshare.tv/x/ss5e8ce7a83c0a5#>



Check for learning QUIZ:

Nutrition:

- Tell a family member your favorite part of your nutrition lesson today.
- See if different family member can plan a meal as well as you did.
- Explain to all family members, why nutrition is so important.

Which one of the exercises below was your favorite today?

- Side Shuffles?
- Burpees?
- Power skips plus reach?

Today's health lesson talked about your teeth.

- How many times a day should you brush your teeth? (1), (5), (2), or (35)
- How long should you brush your teeth? 30 seconds, 1 minute, 2 minutes, or 5 minutes
- You should never floss your teeth. True or False

Remember:

- ❑ You can always go back to previous slides to find the answers to any questions if you don't remember. Then try reading the questions again and again until you remember the answers.
- ❑ To stay in good health we must focus on understanding our body, learn to exercise, and finally eating the right foods that helps us grow!
- ❑ **GREAT JOB TODAY! GIVE YOUR PARENTS A HIGH FIVE AND A DAB!**



Self Check:

Go tell someone in your home your answers.



Easy



Just right



Hard

