



PE Virtual Learning

3rd Grade

Safety Practices/4 square

April 13-17, 2020



3rd Grade PE

Lesson: Safety Practices

Learning Target:

I can apply safe practices and procedures (in and around water or other activities such as riding a bicycle)

Background: This is a review from previous years in PE

- Students remember their safety involves awareness of their own personal space.
- Students remember the general space of the gym, house, yard, and driveway should be safe for games and activity.
- For example- Clear dangerous items that may fall, stay away from large objects that you might run into or cause you to trip.
- Be prepared with the right protective equipment such as helmets, pads, or life jackets in deep water.

Warm UP:

- 1- Mountain climbers 100 times to warm up your legs, core, and arms/shoulders.
- 2- March in place at least 100 steps on each leg to warm up leg muscles for and balance. Feel free to do the whole video below- lots of variety in steps

Watch Videos:

[mountain climbers](#)

[march in place](#)

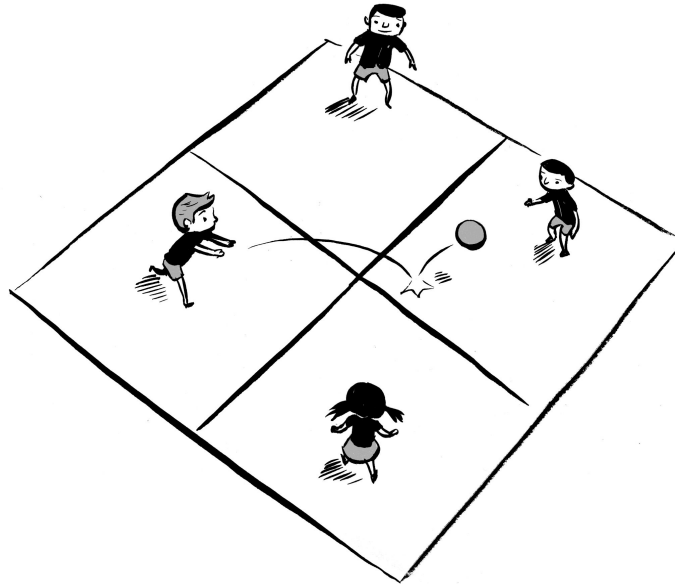
Practice #1:

Clean or clear the driveway to play a game

Don't forget to have a little extra room in the grass or sides of your driveway incase you need just a little extra room to play

Practice #2:

On a walk around your neighborhood with your family, tell your family which other spaces would be good for playing a game of 4 square



Practice #3:

1. While on your family walk also talk about games that could be played in the grass areas you see near your house
2. Tell family members what grassy areas would be good for those games you just thought and talked about

Practice on your own:

1. Four Square in your own driveway
2. Use chalk or a dirt clod to mark 4 or 2 squares
3. Try and make the squares equal size
4. Basic rules 1-server drops the ball and hits it underhand into another square 2- all players must LET THE BALL BOUNCE before they hit the ball into another square 3- players rotate out if the ball isn't hit into another square, and rotate up toward the serving box in clockwise rotation

MORE Practice on your own:

1. Try playing by the same rules with one other person if you don't have 4 people
2. Try playing with only one hand (L or R)
3. Try playing with special rules that can be found at this [link](#)

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Why ?