

# Elem. P.E. Virtual Learning

# 4th Grade



April 6-10, 2020





## 4th Grade Physical Education Lesson: April 6th-10th

### **Learning Target:**

Students will know the difference between aerobic and anaerobic exercises.

### **Safety:**

As with all physical activities, make sure you find enough space to perform safely. Always ask parents for permission before performing any activities.

## Background:

- Students learn that **aerobic** exercises are movements that get your blood pumping faster around your whole body. It makes your heart beat faster. It also makes your lungs take in more oxygen.
- Students learn that **anaerobic** exercises involve quick bursts of energy and are performed at maximum effort for a short time.

# Let's Get Started:

1. Video: [Anaerobic Vs. Aerobic](#)
2. Examples of aerobic exercises are running, hiking, and swimming.



3. Examples of anaerobic exercises are sprinting, sit-ups, push-ups, and squats.



## Practice #1:

Choose one anaerobic exercise to do and complete 10 times.

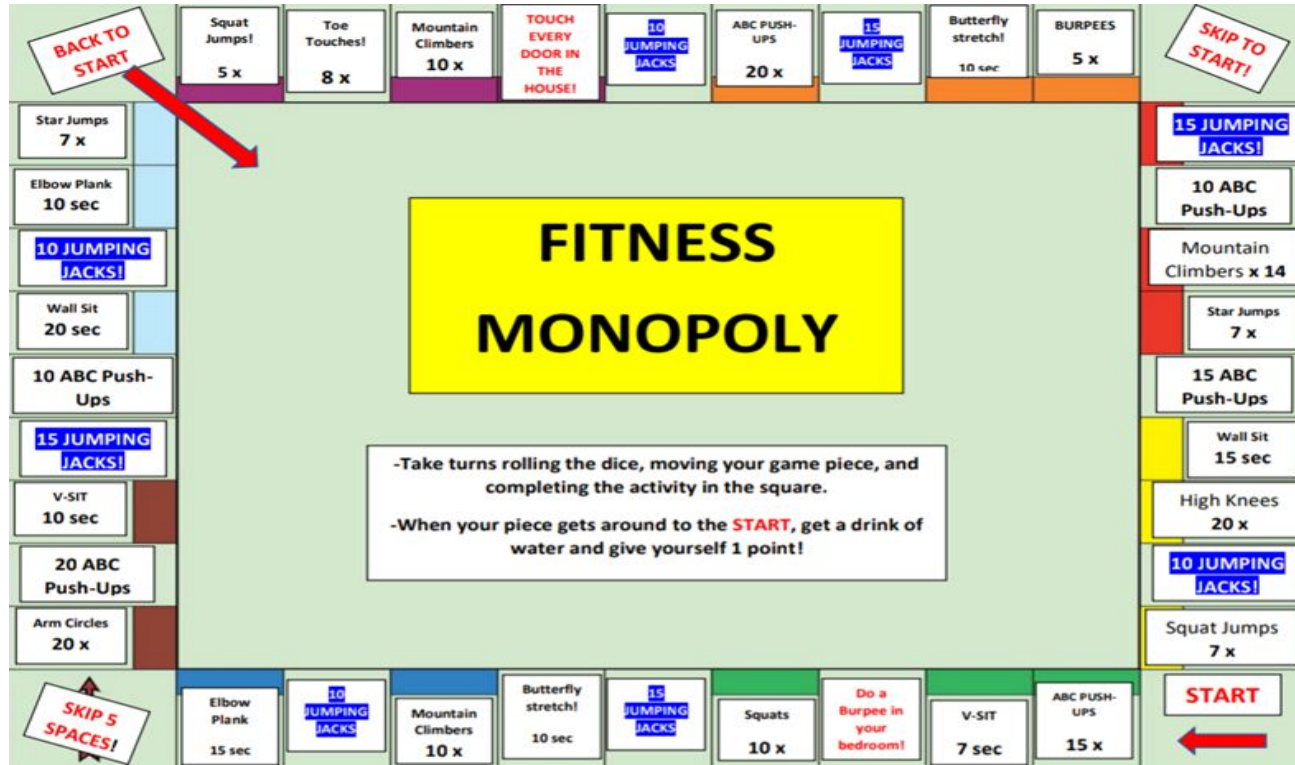
- Remember, anaerobic exercises are short bursts of activity



# Practice #2:

Find a partner to play anaerobic fitness monopoly with.

Link for game: [https://drive.google.com/file/d/10XRmjuMxgSwpsPC-hO2HI\\_zVkJvRDUtKx/view](https://drive.google.com/file/d/10XRmjuMxgSwpsPC-hO2HI_zVkJvRDUtKx/view)

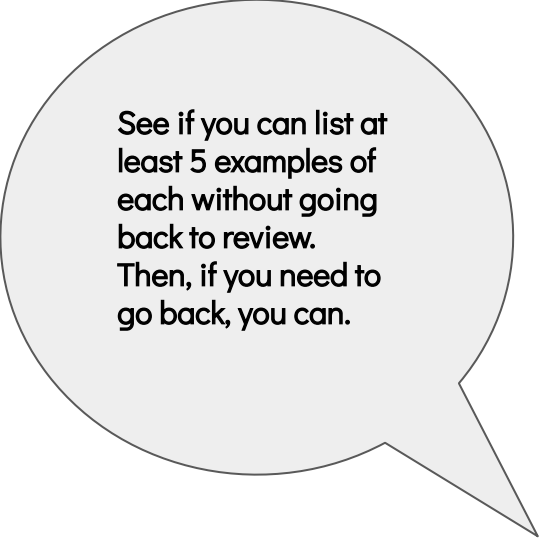


# Practice #3:

## Fill out/create the t-chart

Aerobic Exercises

Anaerobic Exercises



See if you can list at least 5 examples of each without going back to review. Then, if you need to go back, you can.

## Practice on your own:

1. Click on [aerobic fitness video](#) and complete the exercises.

## Extra Practice:

For extra practice, watch this [short video](#) with a quiz afterwards!



## Self Check:

1. Was this lesson?

- easy,
- just right
- hard



2. Explain to your parents the difference between aerobic and anaerobic exercises.