Elem. P.E. Virtual Learning

4th Grade

April 6-10, 2020

Fun monopoly game!!!
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_zVkJrDUtKx/view
Practice #3:
Fill out/create the t-chart

<table>
<thead>
<tr>
<th>Aerobic Exercises</th>
<th>Anaerobic Exercises</th>
</tr>
</thead>
</table>

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.