



Elem PE Virtual Learning

5th Grade

April 6-10, 2020



5th Grade PE

Lesson: April 6th-10th

Learning Target:

I can recognize the components of skill related fitness. (i.e., agility, balance, coordination, reaction time, speed & power)

Background: This is how to make a jump rope from used grocery bags

- I can make and use a jump rope from bags from the store that has been collected
- After making the jump rope I will be able to use them in future lessons.



Safety:

Be Safe and Be Supervised

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

Let's Get Started:

- Gather about 18 used grocery bags and some duct tape and scissors.
- Watch the video and learn how to make a jump rope you can use outside while you are home.
- After watching the video you should be able to braid the bags to make your jump rope.



Description:

- Students will be making their own jump ropes to be able to use anytime.
- This will be a great activity for them to do as a family or individually.
- Jump roping is a great way to get your heart rate up and get fit.

Closing:

- After the jump rope is made go outside and try it out.
- Start off by trying to do as many jumps as you can for 5 minutes.
- This activity after the rope is finished is working on aerobic endurance.

Closing:

- This activity after the rope is finished is working on aerobic endurance.
- The homemade jump rope will be used in future lessons.



Self Check:

Which of these body systems do you use during Aerobic activity?

Respiratory, skeletal, immune, digestive, muscular

Was this lesson?

- easy,
- just right
- hard



Have a parent or sibling perform the exercises with you!!