



Special Education Virtual Learning

High School Transition- Exercise

April 29, 2020



Special Education Transition

Lesson: April 29, 2020

Learning Target:
Students will independently perform an exercise

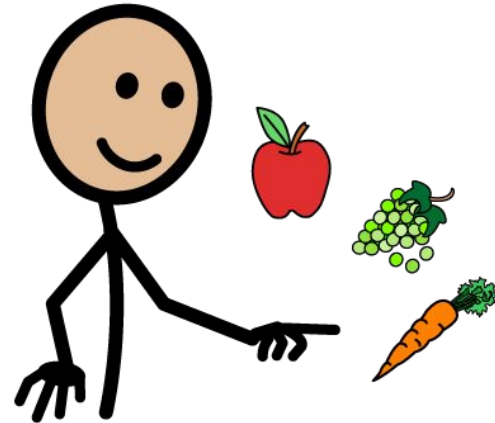
Background: This is a review lesson for exercising at school

- Students learn why exercise is important
- Students will learn to perform an exercise independently

Let's Get Started:

Watch Videos below:








1. [Exercise = Brain Power](#)
2. [Benefits of Exercise](#)











Practice #1:

It is  important to  keep  my  body  healthy.

1  way  I can  take care of  my  body is by  exercising.

 Exercising  makes  my  body  and  heart  stronger.

 I  know  I  am  exercising  when  my heart beats  faster

 and  I  start  to breathe  harder.

 There  are  many  different  ways to exercise.




What is
one way
to keep
your body
healthy?

Remember, if
you are unsure
of an answer,
reread the text.

Practice #2:

 I can  take a  walk or I can  run.

 I can  ride my bike or  roller skate.

 I can  dance or I can  jump.

 I can  play sports like  soccer,  basketball, or  volleyball.

 Exercising  can  be fun!

 Exercising  can  make  me  feel good  about  myself  and

 make  me  feel  happier  too!

Remember,
there can be
more than 2
different
answers.

What are 2
activities
you can do
for
exercise?

Practice #3:

Exercise Quiz

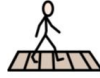
1. ?
1. How can you help keep your body healthy?
- | | | |
|--------------------|--------------|--------|
|
computer games |
exercise |
TV |
|--------------------|--------------|--------|
2. ?
2. How do you know when you are exercising?
- | | | |
|------------------------|------------|-----------|
|
heart beats faster |
sleepy |
bored |
|------------------------|------------|-----------|
3. ? 1
3. What is one way you can exercise?
- | | | |
|---------|-----------|----------|
|
eat |
sleep |
walk |
|---------|-----------|----------|
4. ?
4. How can exercise make you feel?
- | | | |
|----------|---------|---------|
|
good |
bad |
sad |
|----------|---------|---------|

Remember to ask for help if you need it.

Practice on your own: Which exercises would you like to do at home?



soccer



walk



jump



bike



run



dance



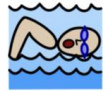
cheerleading



sports



yoga



swim

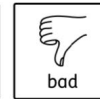
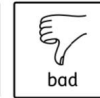
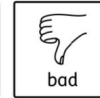
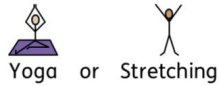
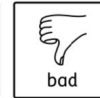
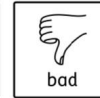
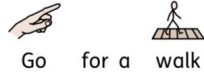


walk the dog



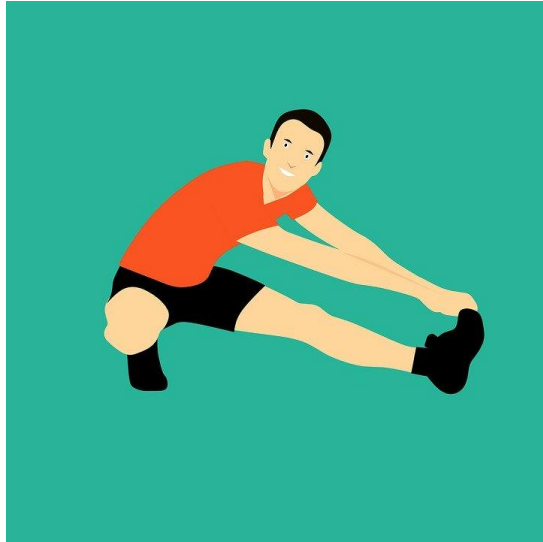
hike

MORE Practice on your own:



Independent Practice

Look at each way you can exercise at home and choose one to do.



[Exercise 1](#)

[Exercise 2](#)




[Exercise 3](#)

Self Check:

Exercise with an adult or sibling at home.



1. Can you complete this skill?

- Independently 
- I needed some prompts 
- I needed a lot of help 

2. Find a new exercise that you think you would enjoy and exercise tomorrow.