

Teacher: Jordan Zaromatidis
 Contact Info: PHYSICAL EDUCATION

Jackson Main Elementary School

14-Day Emergency Instructional Plan – All Grades MAY 25 -MAY 29, 2020

Subject	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29
Grade 1	JOGGING Students will walk in place 4 sets for 3 minutes each. HOKIE POKEY DANCE Happy and YOU KNOW IT	LATERAL CIRCLES FORWARD: Arms extended laterally ,making small circles forward. 4 sets for 30 seconds each with a 30 second rest between each set. HOKIE POKEY DANCE Happy and YOU KNOW IT	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. HOKIE POKEY DANCE Happy and YOU KNOW IT	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set Happy and YOU KNOW IT HOKIE POKEY	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. HOKIE POKEY DANCE Happy and YOU KNOW IT
Grade 2	JOGGING Students will walk in place 4 sets for 3 minutes each. HOKIE POKEY DANCE Happy and YOU KNOW IT	LATERAL CIRCLES FORWARD: Arms extended laterally ,making small circles forward. 4 sets for 30 seconds each with a 30 second rest between each set. HOKIE POKEY DANCE Happy and YOU KNOW IT	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. HOKIE POKEY DANCE Happy and YOU KNOW IT	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set HOKIE POKEY DANCE Happy and YOU KNOW IT	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. HOKIE POKEY DANCE Happy and YOU KNOW IT
Grade 3	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	LATERAL CIRCLES FORWARD: Arms extended laterally ,making small circles forward. 4 sets for 30 seconds each with a 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN
Grade 4	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	LATERAL CIRCLES FORWARD: Arms extended laterally ,making small circles forward. 4 sets for 30 seconds each with a 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN
Grade 5	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	LATERAL CIRCLES FORWARD: Arms extended laterally ,making small circles forward. 4 sets for 30 seconds each with a 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN

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Jackson Main Elementary School

14-Day Emergency Instructional Plan – ALL GRADES JUNE 1- JUNE 5, 2020

Subject	Monday 6/1	Tuesday 6/2	Wednesday 6/3	Thursday 6/4	Friday 6/5
Grade 1	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	Squat Leaps While standing with feet shoulder width apart, Students will squat down with knees bent then they will jump upwards while swinging arms over head. 4 set of 10 with a 2 minute rest between each sets. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN
Grade 2	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	Squat Leaps While standing with feet shoulder width apart, Students will squat down with knees bent then they will jump upwards while swinging arms over head. 4 set of 10 with a 2 minute rest between each sets. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN
Grade 3	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	Squat Leaps While standing with feet shoulder width apart, Students will squat down with knees bent then they will jump upwards while swinging arms over head. 4 set of 10 with a 2 minute rest between each sets. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN
Grade 4	JOGGING Students will walk in place 4 sets for 3 minutes each. DANCE DANCE REVOLUTION cool down.	Squat Leaps While standing with feet shoulder width apart, Students will squat down with knees bent then they will jump upwards while swinging arms over head. 4 set of 10 with a 2 minute rest between each sets. DANCE DANCE REVOLUTION COOL DOWN	Military Presses: Students will have fists upward and extend both overhead. 4 sets of 15 reps with 30 second rest between each set. DANCE DANCE REVOLUTION COOL DOWN	Lateral side raises: Students will have arms by their sides and raise them parallel to shoulders. 4 sets of 10 reps each with 30 second rest between each set DANCE DANCE REVOLUTION COOL DOWN	Arm curls: Students will have arms by their sides with fists facing forward, bringing fists up to shoulders and lowering. 4 sets of 10 with a 30 second rest between sets. DANCE DANCE REVOLUTION COOL DOWN
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