**Remote Learning Lesson 5**

**Grades 1,2,3:**

Your assignment is below. Please watch the videos and follow along.

OPEN PE - Bottle Flip Challenge Warm-Up: <https://www.youtube.com/watch?v=AZd8oJv6LlM&feature=youtu.be>

PE at Home: Bottle Flip Chaos - YouTube

This feature is not available right now. Please try again later.

www.youtube.com

OPEN PE - Bean Bag Exploration: https://www.youtube.com/watch?v=TtVbyXz4sio&feature=youtu.be

Bean Bag Exploration - YouTube

OPEN Bean Bag Exploration Challenges from the locomotor and manipulative module. Visit https://openphysed.org/activeschools/activehome for more physical acti...

www.youtube.com

 Regards,

Mr. Jacobs

**Remote Learning Lesson 5**

**Grades 4,5,6:**

Your assignment for this week is below.

OPEN PE - Components of Physical Fitness Video: https://www.youtube.com/watch?v=9HfW3mJl2EU&feature=youtu.be

Brain Bites -Fitness - YouTube

The Brain Bites video series teaches physical education concepts in short video bites! In this bite, Academic vocabulary coach, Syn R. Gee focuses on the word - fitness. Subscribe now for ...

www.youtube.com

 OPEN PE - Cardiovascular Endurance Video: https://www.youtube.com/watch?v=IXk4TZE7wdE&feature=youtu.be

Brain Bites for Cardiovascular Endurance - YouTube

The Brain Bites video series teaches physical education concepts in short video bites! In this bite, P.E. Pal , Cardio Kid focuses on the word - cardiovascular endurance. Subscribe now for ...

www.youtube.com

OPEN PE - Flexibility Video: https://www.youtube.com/watch?v=EWuLtc1MeCM&feature=youtu.be

Required Exercises:

 Perform 3 Cardiovascular Endurance Exercises for 60 seconds each. Example- Jumping Jacks, Marching, Jogging in Place.

Perform 3 Flexibility Stretches for 20 seconds each. Example - Touch your toes legs together, Touch your toes legs apart, Shoulder Stretch.