**Remote Learning Lesson 5**

Week of April 20th-24th

Grade 4th, 5th, 6th

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

OPEN PE - Muscular Strength Video: https://www.youtube.com/watch?v=Jg4KkBvCq7I&feature=youtu.be

Brain Bites for Muscular Strength - YouTube

The Brain Bites video series teaches physical education concepts in short video bites! In this bite, Buffington Strong, focuses on muscular strength. Subscribe now for automatic updates on future ...

www.youtube.com

OPEN PE - Body Composition Video: https://www.youtube.com/watch?v=NYa3Jvk0ZhM&feature=youtu.be

Brain Bites for Body Composition - YouTube

The Brain Bites video series teaches physical education concepts in short video bites! In this bite, Nutritionist, Dr. Bobby Filet, and Life Coach, Haven "Healthy" Waze focus on Body Composition ...

www.youtube.com

Required Exercises

Perform 3 Muscular Endurance Activities for 20 Seconds Each- Example: Push-Up's, Squats, Squat Jumps.

Grades 1,2,3

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

OPEN PE - Scarf Exploration: https://www.youtube.com/watch?v=LMVEAJpeqSk&feature=youtu.be

OPEN Scarf Exploration - YouTube

OPEN Scarf Exploration Challenges from the Locomotor & Manipulative Skills module. Visit https://openphysed.org/activeschools/... for more physical activitie...

www.youtube.com

Regards,

Mr. Jacobs