### K-2 Physical Education

**Unit- Personal Fitness**

**Focus:** Personal Fitness

**Objective:** SWBAT to complete the HITT workout, while using correct form and technique.

**Standard(s):**

PEK.3.b. Actively participates in physical education class.

PE1.3.c. Identifies the heart as a muscle that grows stronger with exercise, play, and physical activity.

PE2.3.a. Recognizes physiological indicators that accompany moderate to vigorous physical activities (feels hot, thirsty, sweaty, increased heart rate and heavy breathing).

### 3-5 Physical Education

**Unit- Striking**

**Focus:** Striking with a long handle implement

**Objective:** SWBAT to perform the correct swing of a baseball bat, using correct cues

**Standard(s):**

PE3.1.q. Uses a proper grip when striking an object with a long-handled implement (paddle, bat, hockey stick, and racket).

PE4.1 Strikes an object with a long-handled implement (hockey stick, golf club, bat, tennis or badminton racket) while demonstrating three of the five critical elements of a mature form (grip, stance, body orientation, swing plane, and follow-through).

PE5.1n. Strikes an object with a long-handled implement demonstrating mature form.

### Art Education

**Focus:** Collage Storyboards Techniques

**Objective:** *Students will define a collage as a piece of art made by sticking different materials such as photographs and pieces of paper or fabric on to a backing. Students will create a collage based on the topic “My Future Goals. Using a variety of materials (cloth, paper, magazine, old photographs, etc.) students will demonstrate their understanding of the assignment. * Students will practice good craftsmanship while creating their themed based collages.

**Standards:**

VA5.CR.1 Engage in the creative process to generate and visualize ideas by using subject matter and symbols to communicate meaning.

VA5.CR.2 Create works of art based on selected themes.

VA5.CR.3 Understand and apply media, techniques, processes, and concepts of two-dimensional art. Vocabulary: Collage Assemblage Pattern Design Form

### Music Education

**Focus:** Steady Beat, Rhythm Lesson

**Description:** Students will use steady beat to create expressive moves. This week, the goal is to keep the beat and the dance move steady for as long as possible! Make sure your area/length is clear and that you are in an appropriate area to do this. Also, in the conversation area, students should share what kinds of musical activities they have been using at home. We are also going to explore 2 musicians from different genres each week for historical context.

**Goal:** To sustain a steady beat for multiple counts of 4.

**Standard M3GM.2 – Performing on instruments, alone and with others, a varied repertoire of music a. Perform rhythmic patterns using body percussion as well as a variety of instruments with appropriate technique.

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### Links/Resources

**Virtual Learning Lesson Plan Template Revised 3.26.2020**
Bethune YouTube Page (where you will find the reading lessons):
https://www.youtube.com/playlist?list=PLzi9X_R6dsBLJH1Yq2zMcfh6GNXLfJKoH

Physical Education:  https://youtu.be/Yr6_Lb9wkC4

Art Education:

Music Education: