



Physical Education

Move, Learn, Play!
60 Minutes Every Day,
break it up in any way!

Focus TEKS: 2.1N Demonstrate the key elements of striking.
Learning Goal(s): Students will practice the skill of striking using a pool noodle or a pretend bat.

Mastery Monday

Today we are going to focus on striking. What is striking and what can you use to practice striking at your house?

Activity: Striking with a bat

Other at Home Activities:

- [Flyswatter Hockey](#)
- [Slap Ball](#)
- [Tennis](#)

[PowerPoint Cue Sheets Student Expectation Poster](#)

Checkpoint for Understanding:
When striking with a bat, where should your eyes be focused?

Teamwork Tuesday

So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.

Teamwork Tuesday is all about **HAVING FUN** while exercising and **HELPING YOUR FAMILY**.

This week we've added ways to practice striking when you do your chores.

[Check out Week 4's Chore Chart Challenge \(updates highlighted\)](#)

[Check out our Tips for Success](#)

Wacky Wednesday

This is your time to create your own games using the skill from Mastery Monday.

Be creative and have fun! Play for at least 15 minutes by yourself if you can or ask a family member to play with you. If you need to, look back at the activities from Mastery Monday's PowerPoint

When you are done playing, complete the worksheet so that your coach or a family member can check on your progress..

[K-2 Striking Worksheet](#)

Checkpoint for Understanding:
Is it easier or harder to practice skills by yourself?

Take A Trip Thursday

Let's go on an imaginary trip. Pick at least 3 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not.

and/or
Use the route of steps you created for a new [imagination field trip](#).

Fitness Friday This or That

Today, we're going to work on different components of fitness.

Use the worksheet to keep track of your exercises and stretches.

You can complete two rounds back to back or at different times.

Feel free to share pictures or videos at [#AISDMovesAtHome](#) [@AISDHealthPE](#)

[This or That This or That Worksheet](#)

3-5 Physical Education



Physical Education

Move, Learn, Play!
60 Minutes Every Day,
break it up in any way!

Focus TEKS: 4.1K, 5.1L Demonstrate the key elements in manipulative skills such as striking.
Learning Goal(s): Students will practice the skill of striking using a pool noodle or a pretend tennis racket.

Mastery Monday

Today we are going to focus on striking. What is striking and what can you use to practice striking at your house?

Activity: Striking with a tennis racket

Other at Home Activities:

[Flyswatter Hockey](#)
[Slap Ball](#)
[Tennis](#)

[PowerPoint Cue Sheets](#)
[Student Expectation Poster](#)

Checkpoint for Understanding:
When striking with a tennis racket, where should your eyes be focused?

Teamwork Tuesday

So much home-time means the house is getting really messy - dishes, laundry, dirt, and dust.

Teamwork Tuesday is all about **HAVING FUN** while exercising and **HELPING YOUR FAMILY.**

This week we've added ways to practice striking when you do your chores.

[Check out Week 4's Chore Chart Challenge \(updates highlighted\)](#)

[Check out our Tips for Success](#)

Wacky Wednesday

This is your time to create your own games using the skill from Mastery Monday.

Be creative and have fun! Play for at least 15 minutes by yourself if you can or ask a family member to play with you. If you need to, look back at the activities from Mastery Monday's PowerPoint

When you are done playing, complete the worksheet so that your coach or a family member can check on your progress..

[3-5 Striking Worksheet](#)

Checkpoint for Understanding:
Is it easier or harder to practice skills by yourself?

Take A Trip Thursday

Create your own course. Pick at least 5 locations in your house or outdoor space. Count how many steps it takes to travel from one to the other. Count how many jumps it takes. (hops, slides, skips) Which way of moving takes more steps and which takes less? Is it the same number for someone else in your home? Talk about why or why not.

and/or
Use the route of steps you created for a new [imagination field trip](#).

Fitness Friday This or That

Today, we're going to work on different components of fitness.

Use the worksheet to keep track of your exercises and stretches.

You can complete two rounds back to back or at different times.

Feel free to share pictures or videos at [#AISDMovesAtHome](#) [@AISDHealthPE](#)

[This or That This or That Worksheet](#)



Health & Wellness

Focus TEKS: 2.3 The student understands the basic structures and functions of the human body and how they relate to personal health throughout the lifespan.

Learning Goal(s):

- Students will identify the difference between muscular strength and muscular endurance.
- Students will practice muscular strength and muscular endurance exercises.

Mindful Monday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:
What is the difference between muscular strength and muscular endurance?

Resources:
[MSME K-2 PowerPoint](#)

Activity:
During your mindfulness practice today, try to tighten and relax your muscles one by one. Start with the muscles in your toes, then move up to your legs. Keep going until you have tightened and relaxed all the muscles in your body.

Tasty Tuesday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:
What type of foods might help to improve your muscular strength or muscular endurance?

Activity:
Lean protein helps muscles grow stronger! Try eating some black beans, eggs, or grilled chicken.

Wellness Wednesday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:
How can you strengthen your muscles?

Checkpoint for Understanding:
[MSME Worksheet](#)

Activity:
Practice some muscular strength exercises that you saw in the video on Monday! Or do any that you already know!

Thirsty Thursday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:
How do you think water affects your muscular strength or muscular endurance?

Activity:
Drink an extra glass or two of water today! Your muscles need the water so they don't cramp up when exercising.

Family Fun Friday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:
Why is it important to strengthen your muscles?

Activity:
Do a 'Family Flex Photo' today! Get all members of your family together and tell everyone to flex their biceps and take a pic! Ask your parents or guardians to share the picture using #AISDMovesAtHome



Health & Wellness

Focus TEKS: 5.2 The student understands the basic structures and functions of the human body and how they relate to personal health throughout the lifespan.

Learning Goal(s):

- Students will recognize the importance of both muscular strength and muscular endurance in everyday activities.
- Students will practice muscular strength and muscular endurance exercises.

Mindful Monday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:

What is the difference between muscular strength and muscular endurance?

Resources:

[MSME 3-5 PowerPoint](#)

Activity:

During your mindfulness practice today, try to tighten and relax your muscles one by one. Start with the muscles in your toes, then move up to your legs. Keep going until you have tightened and relaxed all the muscles in your body.

Tasty Tuesday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:

What type of foods might help to improve your muscular strength or muscular endurance?

Activity:

Lean protein helps muscles grow stronger! Try eating some black beans, eggs, or grilled chicken.

Wellness Wednesday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:

Why is it important to have both muscular strength AND muscular endurance?

Checkpoint for Understanding:

[MSME Worksheet](#)

Activity:

Practice doing push-ups and curl-ups. If you need to, look back in the video to review the cues!

Thirsty Thursday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:

How do you think water affects your muscular strength or muscular endurance?

Activity:

Drink an extra glass or two of water today! Your muscles need the water so they don't cramp up when exercising.

Family Fun Friday

Week 4 Health Topic:
Muscular Strength & Muscular Endurance (MSME)

Think About:

How do you improve muscular strength? How do you improve muscular endurance?

Activity:

Do a 'Family Flex Photo' today! Get all members of your family together and tell everyone to flex their biceps and take a pic! Ask your parents or guardians to share the picture using #AISDMovesAtHome