

St. Mark
Distance Learning Plan
Physical Education- Miss. McCone
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Welcome to online Physical Education!

Expectations for Physical Education in grades 3 to 8:

Attendance and participation is extremely important in this class. I expect my students to login in once a week and complete one of the two assignments given. One is a low-tech option and one its a high-tech. You may choose which one.

Low-tech option:

The first option is you can click on the link below and print out the journal if accessible and complete the physical activity journal. Once a week you must do something physically active and fill out the journal and write about it. You can handwrite it or type it on another document. You must then send the journal and document about the physical activity sheet back to me by the end of the week. Grades 3 to 5 will write two to three sentences about the physical activity you chose to do for the day and the benefits in a separate document. Grades 6 to 8 will write one paragraph about the activity you chose to do and the benefits of exercising in a separate document. You can either take a photo of the sheets and send it back to me through my email or scan it to me by Sunday, 3/22 at 8:00 P.M. If you choose to do two different activities, you will receive extra credit and a prize once we return!

https://www.healthyeating.org/Portals/0/Documents/Healthy%20Eating/Physical_Activity_Journal.pdf?ver=2012-11-16-140230-000

High-tech option:

The second option is you can pick one of the videos from the list below. The video must be completed and the chart must be filled out. Then you must write about the video you chose to do. Grades 3 to 5 will write two to three sentences about the video and how you were physically active during the video, what type of exercise or movement were you doing and the benefits. Grade 6 to 8 will write one paragraph about the video and how you were physically active during the video, what type of exercise or movement were you doing and the benefits. When it is completed you will fill out the chart below and the document based upon which video you picked and send it to me by Sunday, 3/22 at 8:00 P.M. If you choose to do two videos, you will receive extra credit and a prize once we return!

- https://www.youtube.com/watch?v=yv2XE_Ut3KU (Exercise Video)
- <https://www.youtube.com/watch?v=kAXg3cM0UCw> (Cardio Video)
- <https://www.youtube.com/watch?v=YWgH4HSNnLY> (Old Town Road workout)
- https://www.youtube.com/watch?v=L_A_HjHZxfl&t=73s
- <https://www.fitnessblender.com/videos/back-stabilization-workout-core-and-lower-back-strength>
- <https://www.fitnessblender.com/videos/stress-busting-yoga-pilates-workout-relaxing-stretch-workout-for-flexibility>
- <https://www.youtube.com/watch?v=gmoHgMYlieQ> (Dance tutorial)

Grade	Website you chose:	Length of the video:	Day you completed it:
3rd Grade			
4th Grade			
5th Grade			
6th Grade			
7th Grade			
8th Grade			