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**PRIESTMAN STREET SCHOOL**

**AT HOME LEARNING**

**K-2 PHYSICAL EDUCATION**

**WEEK OF NOVEMBER 1st – 5th**

**Contacts for PE related questions: Kelsey Tucker (Kelsey.tucker@nbed.nb.ca) or Adam Grimmer (adam.grimmer@nbed.nb.ca) **

**SCHOOL MISSION STATEMENT
Our Priestman Street School community believes in challenging all students in a safe, supportive and rigorous learning environment that celebrates achievement and values the whole child. We are committed to helping each student become confident and creative builders of their future so they will reach their full potential and live as successful citizens in a diverse and everchanging world.**

**PHYSICAL EDUCATION CURRICULR OUTCOMES**

**GCO 3
Well-Being: Students will develop knowledge, skills, and values required to achieve and maintain well-being**

**SCO 3.2
K: Explore physical fitness concepts to improve well-being and performance**

 **“I can feel my heart and lungs working harder when I move quickly”**

**1: Demonstrate physical fitness concepts and principles to improve well-being and performance
 “I can tell the different between a slow heart rate and a fast heart rate”**

**2: Refine knowledge oh physical fitness concepts and principles to improve well-being and performance**

 **“I can tell the different between a slow heart rate/breathing and a fast heart rate/breathing**

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**Week 1**

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| Heart Rate Measurement | Ask A BiologistHeart Rate Measurement | Ask A Biologist**FOCUS****This week students will learn/review how to take their pulse. Students will then perform different exercises to see the impact physical activity has on heart rate****HOW TO FIND YOUR PULSE** **Your heart is a pump which pumps blood out around your body through your arteries. You can feel the blood pumping where the arteries are close to your skin. These are referred to as your pulse points and by placing your fingertips gently on those points you can count how fast your heart is beating. The neck and wrists are the easiest places to find your pulse.** **To find your pulse in your neck: Put two fingers of your left hand next to the Adam’s apple in your throat (the bit that sticks out or that goes up and down when you swallow). When you have found a steady beat, count how many beats in 10 seconds (use a watch or clock). Multiply your score by 6 and that will tell you your pulse rate per minute.** **To find your pulse in your wrist: Stick your thumb up in the air and turn your palm towards you. With the first two fingers of your other hand, slide downwards onto the inside of your wrist and gently feel for your pulse. When you have found a steady beat, count how many beats in 10 seconds (use a watch or clock). Multiply your score by 6 and that will tell you your pulse rate per minute.** **\*If unable to multiple by 6, count how many beats for** **60 seconds (1 minute)**  |

**ACTIVITIES**

**Students will use their activity log to complete the following three activities.**

**Students are challenged to feel their heart rate before each activity and again after each activity to see if they can feel how physical activity makes their heart beat faster.**

**Students are encouraged to complete these activities a minimum or 2 days throughout the week.**

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| Activity / Outcome | Description  | EQUIPMENT |
| Activity #1 Cadrio  | **Roll one die and perform the cardio movement that corresponds to that number. Complete each exercise for 30 seconds.** **Continue for a maximum of 10 minutes.** **Here are some optional exercises or create your own!**  **Roll a:**1. **Bring elbow to knee (bring one elbow to your opposite knee)**
2. **Jumping Jacks**
3. **Skier Jumps (jump from side to side)**
4. **Flutter kicks (lay on your back and flutter your feet)**
5. **Hop on 1 foot**
6. **Jump and twist (jump and turn in the air as much as you can)**
 | **-DICE** **-TIMER** **\*Don’t have dice? Write numbers 1-6 on slips of paper and randomly draw ☺**  |
| Activity #2Tic tac toeFITNESS | **Tic Tac Toe Fitness:**  **Draw out a tic tac toe board with another player and put a different exercise in each square.**  **Take turns covering a square with your X and O – but in order to check a box you must complete the exercise**  **Goal is to be the first player to complete a horizontal, vertical, or diagonal line to win! Play for fun, or keep track with points earned each game!** **Here is an example tic tac toe board for this week – copy these exercises or create your own!**  | **Paper to create your tic tac toe board** **Pen/pencil to make off X and 0****OR** **Create your own reusable X’s and O’s – cut out of paper or use mini toys you already have ☺**  |
| ACTIVITY #3Outside  | **Choose one of the following outdoor activites and complete it for a maximum of ten minutes. See if you can recognize when your heart starts to beat faster during the activity** **Outdoor Activities:  -Getting outsie is an easy and fun way to get moving as well! Some fun ideas are:  -Go for a walk -Go for a bike ride  -Play at the park  -Play a tag game**  **-Kick a soccer ball with a friend -Create a game with a household member / friend**  | **Optional Materials:** * **Bikes**
* **Playground Structure**
* **Soccer ball**
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