

# ODE P.E. Syllabus session II

November 2, 2018- January

## Instructor Information

### Instructor

Ms. Mattucci

### Email

[jbmelville@aol.com](mailto:jbmelville@aol.com)

## General Information

### Description

P.E. is a high-energy, fun class that will get students moving in a safe, non-threatening and supportive environment. Students will exercise; play games that get them moving, cooperating and using their minds; practice and play sports; and learn physical activities that they can do at home.

### Expectations and Goals

Students are expected to be supportive of each other, look out for the safety of themselves and others, display honesty, follow rules/instructions and practice good sportsmanship. My goal is to promote a lifelong foundation of fulfillment and health (mental and physical) through physical activity.

### Required Materials

Comfortable/appropriate clothing and athletic shoes.

## Course Schedule

Date	Warm up	Class
<b>Week 1</b> <b>11/02/2018</b> <b>Game Day/ Gaga Ball</b>	<ol style="list-style-type: none"><li>1. Sharks and Minnows warm up game</li><li>2. 4 of "25 of everything exercises" (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle)</li><li>2. Train for cooperative fastest class 5 minute challenge- Classes will track how many laps they run together as a class each week</li></ol>	<ol style="list-style-type: none"><li>1. Gaga Ball</li><li>2. Warm down</li></ol>
<b>Week 2</b> <b>11/09/2018</b> <b>Basketball 1</b>	<ol style="list-style-type: none"><li>1. Sharks and Minnows warm up game</li><li>2. 4 of "25 of everything exercises" (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle)</li><li>2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week</li></ol>	<ol style="list-style-type: none"><li>1. Dribbling relay races</li><li>2. Practice 1 bounce and chest passes</li><li>3. Play horse</li><li>4. 2 small one hoop bb games</li><li>5. Warm down</li></ol>

<b>Week 3</b> <b>11/16/2018</b> <b>Basketball 2</b>	1. Sharks and Minnows warm up game 2. 4 of “25 of everything exercises” (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle) 2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week	1. Basketball hot spots 2. 2 small one hoop bb games 3. Warm down
<b>Week 4</b> <b>11/30/2018</b> <b>Basketball 3</b>	1. Sharks and Minnows warm up game 2. 4 of “25 of everything exercises” (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle) 2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week	1. Full court bb game 2. Warm down
<b>Week 5</b> <b>12/07/2018</b> <b>Game day/ Cooperation games</b>	1. Sharks and Minnows warm up game 2. 4 of “25 of everything exercises” (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle) 2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week	1. Games 2. Warm down
<b>Week 6</b> <b>12/14/2018</b> <b>Wiffle ball/ T-ball 1</b>	1. Sharks and Minnows warm up game 2. 4 of “25 of everything exercises” (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle) 2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week	1. Wiffle ball/ T-ball game 2. Warm down
<b>Week 7</b> <b>10/12/2018</b> <b>Wiffle ball/ T-ball 2</b>	1. Sharks and Minnows warm up game 2. 4 of “25 of everything exercises” (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle) 2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week	1. Wiffle ball/ T-ball game 2. Warm down
<b>Week 8</b> <b>10/19/2018</b> <b>Fastest class challenge</b>	1. Sharks and Minnows warm up game 2. 4 of “25 of everything exercises” (sit-ups or crunches, jumping jacks, squats, mountain climbers, burpees, superman, invisible chair, push-ups, frog jumps, plank, bicycle)	1. Fastest class challenge 2. Game day games (Band aide tag, Steel the Bacon, Batman and Robin, Sharks and Minnows, Red Lion,

---

2. 5 minute run to train for cooperative fastest class challenge- Classes will track how many laps they run together as a class each week

Hot Lava, Etc.)  
4. Warm down

---

## **Additional Information and Resources for families**

### **Fitness at home**

<https://www.verywell.com/family-fitness-4014726>

<https://www.gonoodle.com/>

### **Healthy eating**

<http://www.eatingwell.com/recipes/18049/healthy-kids/>

<http://www.jamieoliver.com/recipes/pasta-recipes/>