

ODE P.E. Syllabus session III

February 1, 2019- March 22, 2019

Instructor Information

Instructor

Ms. Mattucci

Email

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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
Week 1 02/01/2019 Floor Hockey 1	1. Hold 5 stretches for 20 seconds 2. Hockey push up game with bean bags 3. Sharks and minnows warm up game	1. Floor hockey game 2. Warm down
Week 2 02/08/2019 Floor Hockey 2	1. Hold 5 stretches for 20 seconds 2. Hockey push up game with bean bags 3. Batman and Robin warm up game	1. Floor hockey game 2. Warm down
Week 3 02/15/2019 Game day/ Kickball	1. 5 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. Pop-up tag warm up game	1. Kickball game 2. Warm down

Date	Warm up	Class
Week 4 02/22/2019 Basketball 1	1. Hold 5 stretches for 20 seconds 2. Sharks and minnows warm up game	1. Running bases basketball game 2. Steel the Bacon basketball 3. Warm down
Week 5 03/01/2019 Basketball 2	1. 5 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. Batman and Robin warm up game	1. Hotspots 2. Basketball game 3. Warm down
Week 6 03/08/2019 Game day	1. Hold 5 stretches for 20 seconds 2. Sharks and minnows warm up game	1. Shooting stars 2. Gag ball 3. Four square
Week 7 03/15/2019 Soccer 1	1. Sharks and Minnows warm up game 2. 5 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. Soccer drills (two touch passes, one touch passes) 2. Soccer game 3. Warm down
Week 8 03/22/2019 Soccer 2	1. Hold 5 stretches for 20 seconds 2. Sharks and minnows warm up game	1. Soccer drills (dribbling relays) 2. Soccer game 3. 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/>