

**Physical Education Lesson Plans
April 20 - April 24**

| Kindergarten and 1st Grade | 2nd and 3rd Grade | 3rd Grade - 5th Grade |
|--|--|--|
| <p>This weeks focus: I can name one food from each food group. Keyword: Food Groups- a collection of foods that share similar nutritional properties</p> | <p>This weeks focus: I can name 3 foods from each food group. Keyword: Food Groups- a collection of foods that share similar nutritional properties</p> | <p>This week's focus: I can make three food plates correctly according to the food plate guidelines. Keyword: Food Plate- current nutrition guide published by the USDA Center for Nutrition Policy</p> |
| <p align="center">Warm Up</p> | <p align="center">Warm Up</p> | <p align="center">Warm Up</p> |
| <p align="center">Activity Watch the video below and fill in your food group worksheet with one example for each food group.</p> | <p align="center">Activity Watch the video below and fill in your food group worksheet with three examples for each food group.</p> | <p align="center">Activity Watch the video below and fill out the three food plates (one for each meal of the day)</p> |
| <p align="center">Food Groups Video</p> | <p align="center">Food Groups Video</p> | <p align="center">Food Plate Video</p> |
| <p align="center">K-1 Food Groups Worksheet</p> | <p align="center">2-3 Food Groups Worksheet</p> | <p align="center">4-5 Food Plate Worksheet</p> |
| <p align="center">Mindfulness Check out the Gonoodle video below</p> | <p align="center">Mindfulness Check out the Gonoodle video below</p> | <p align="center">Mindfulness Check out the Gonoodle video below</p> |
| <p align="center">Mindfulness</p> | <p align="center">Mindfulness</p> | <p align="center">Mindfulness</p> |
| <p>Using the link below try to access a physical activity log. Record all of the physical activity you do each day even if it is not your PE day. I have added a new April Challenge to my page. Check it out!</p> | <p>Using the link below try to access a physical activity log. Record all of the physical activity you do each day even if it is not your PE day. I have added a new April Challenge to my page. Check it out!</p> | <p>Using the link below try to access a physical activity log. Record all of the physical activity you do each day even if it is not your PE day. I have added a new April Challenge to my page. Check it out!</p> |
| <p align="center">Physical Activity Log</p> | <p align="center">Physical Activity Log</p> | <p align="center">Physical Activity Log</p> |