

# E-Day Lesson-Mr. Bair

**Grades:** 3<sup>rd</sup>, 4<sup>th</sup> 5<sup>th</sup>

**Subject:** Physical Education

**Standard 3:** Participates regularly in physical activity.

**Benchmark A:** Engage in regular physical activities inside and outside of school to meet national requirements for daily physical activity.

3<sup>rd</sup>: #1. Meet the minimum daily expectations for physical activity inside and outside of school.

4<sup>th</sup>: #1. Participate in self-selected activities to meet the minimum daily expectations for physical activity.

5<sup>th</sup>: #1. Participate in self-selected activities to meet the minimum daily expectations for physical activity.

**Learning Target/Objective/Goal:**

**3<sup>rd</sup> grade:** I can play at least 60 minutes today.

**4<sup>th</sup> grade:** I can choose activities to play at least 60 minutes today.

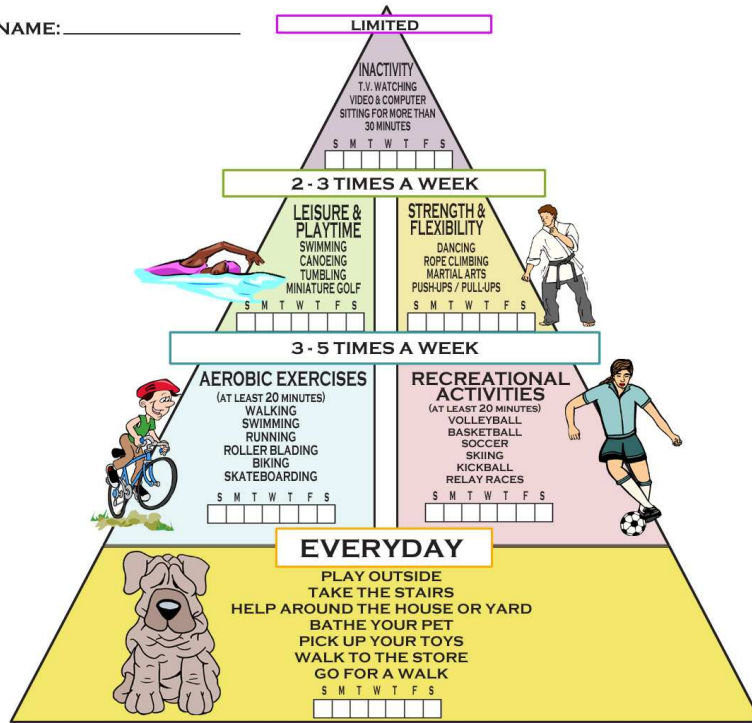
**5<sup>th</sup>:** I can choose activities to play at least 60 minutes today to meet my daily expectation.

**Directions:**

- Write students' first & last name, classroom teacher and parent signature at the bottom of the fitness pyramid paper.
- Students will participate in 60 minutes of physical activity. See examples on pyramid.
- For every 10 minutes of physical activity, shade in a box going across for that day on the graph.
- Return the FITNESS PYRAMID sheet to Mr. Bair for credit.
- Activities can include any of the activity areas shown on the FITNESS PYRAMID or any other physical activities including shoveling snow, cleaning around the home, picking up toys etc.

**OHIO PHYSICAL EDUCATION ASSESSMENT  
STANDARD 3 BENCHMARK A GRADEBAND: 3-5, 6-8, 9-12**

NAME: \_\_\_\_\_



**HAVE FUN, BE ACTIVE EACH DAY FOR 60 MINUTES.  
COLOR IN ONE SQUARE FOR EVERY 10 MINUTES OF ACTIVITY...**

S													
M													
T													
W													
T													
F													
S													

Date: \_\_\_\_\_

First & Last Name: \_\_\_\_\_

Classroom Teacher's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Return Fitness Pyramid to Mr. Bair. Thank you!