PowerUp Your School: Set 1

2nd-3rd

Six-Week Lesson Plans: Set 1

Fitness Programming for 2nd-3rd Grade Students

PowerUp Fitness, LLC

Six weeks of PowerUp Your School programming. Each week features two classes that include warm-up, endurance, and strength activities. Along with games and stretches for each session aligned with the Common Core State Standards for 2nd-3rd grade students.

Grade Level: 2ⁿᵈ-3ʳᵈ   Instructions: Introduction, procedures, safety, & rules

WEEK 1: CLASS 1

WarmUp	PowerUp Endurance	PowerUp Strength		PowerUp Play Activity	PowerUp with Common Core
• Walk on toes/heels • Walk high knees/kick bottom • Cross body elbows to knees/ fingers to toes • Jog high knees/kick bottom • Introduce Frankenstein walks	• Crab walk/ bear crawls • Frog jumps • Jumping jacks • Introduce burpees • Run ladders	**Upper Body**	• Crab dips • Wall pushups	• Alphabet race	2.OA.1-2: + and - within 100 3.OA.1: describe reps and sets as multiplication problems RI.3.3: Ladders sequence L.2.3: Alphabet race
		Lower Body	• Wall sits • Lunges • Squats • Bridges		
		Core	• Plank		

Notes: Use school mascot chant to quiet group and regain attention. 2.OA.1-2: Use addition and subtraction within 100 to solve one- and two-step word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem. Fluently add and subtract within 20 using mental strategies. 3.OA.1: Interpret products of whole numbers, e.g., interpret 5 × 7 as the total number of objects in 5 groups of 7 objects each. RI.3.3: Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, or cause/effect. L.2.3: Use knowledge of language and its conventions when writing, speaking, reading, or listening.

Grade Level: 2ⁿᵈ-3ʳᵈ   Instructions: Review procedures, safety, & rules

WEEK 1: CLASS 2

WarmUp	PowerUp Endurance	PowerUp Strength		PowerUp Play Activity	PowerUp with Common Core
• Walk on toes/heels • Walk high knees/kick bottom • Cross body elbows to knees/ fingers to toes • Jog high knees/kick bottom • Frankenstein walks	• Crab walk/ bear crawls • Frog jumps • Squat jumps • Jumping jacks • Burpees • Run ladders	**Upper Body**	• Crab dips • Wall pushups	• Cardio freeze tag (jumping jacks, squat jumps, lunges, toe raises)	2.OA.2: + and - within 100 3.OA.1: describe reps and sets as multiplication problems RI.3.3: Ladders sequence SL.2.2: Cardio freeze tag
		Lower Body	• Wall sits • Lunges • Squats • Bridges		
		Core	• Plank		

Notes: 2.OA.1-2: Use addition and subtraction within 100 to solve one- and two-step word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem. Fluently add and subtract within 20 using mental strategies. 3.OA.1: Interpret products of whole numbers, e.g., interpret 5 × 7 as the total number of objects in 5 groups of 7 objects each. RI.3.3: Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, or cause/effect. SL.2.2: Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.

Grade Level: 2nd-3rd Instructions:

WEEK 2 : CLASS 1

	WarmUp	PowerUp Endurance	PowerUp Strength		PowerUp Play Activity	PowerUp with Common Core
	• Walk on toes/heels • Walk high knees/kick bottom • Cross body elbows to knees/ fingers to toes • Jog high knees/kick bottom • Frankenstein walks • Introduce gallop	• Introduce hip-hops • Frog jumps • Squat jumps • Jumping jacks • Run ladders (add skills to introduce patterns and complexity)	**Upper Body**	• Crab dips • Wall pushups	• Rock, paper, scissors (plank, squat, lunge) • Alphabet race	2.OA.1-2: + and - within 100 2.OA.4; 3.OA.1: describe reps and sets as multiplication problems RI.2.3; RI.3.3: Ladders sequence L.2.3: Alphabet race 2.G.1; 3.MD.7 (d). Leg extensions (right angle), leg raises
			Lower Body	• Leg Extensions • Lunges • Toe raises • Squats		
			Core	• Plank • Introduce leg raises		

Notes: 2.OA.1-2: Use addition and subtraction within 100 to solve one- and two-step word problems. Add and subtract within 20 using mental strategies. 2.OA.4: Use addition to find the total number of objects arranged in rectangular arrays with up to 5 rows and up to 5 columns; write an equation to express the total as a sum of equal addends. 3.OA.1: Interpret products of whole numbers. RI.2.3; RI.3.3: Describe the relationship between a series; using language that pertains to time, sequence, or cause/effect. L.2.3: Use knowledge of language and its conventions when writing, speaking, reading, or listening. 2.G.1: Recognize and draw shapes having specified attributes, such as a given number of angles or a given number of equal faces. Identify triangles, quadrilaterals, pentagons, hexagons, and cubes.

Grade Level: 2nd-3rd Instructions:

WEEK 2: CLASS 2

	WarmUp	PowerUp Endurance	PowerUp Strength		PowerUp Play Activity	PowerUp with Common Core
	• Walk on toes/heels • Walk high knees/kick bottom • Cross body elbows to knees/ fingers to toes • Jog high knees/kick bottom • Frankenstein walks • Gallop	• Crab walk/ bear crawls • Hip-hops • Jumping jacks • Race in place • Shape jumps (square, triangle, circle, & rectangle) • Powerup action verbs - march, walk, strut, prance, run, sprint, jump, leap, bounce	**Upper Body**	• Crab dips • Wall pushups	• Cardio freeze tag (jumping jacks, squat jumps, lunges, toe raises)	2.OA.1-2: + and - within 100 2.OA.4; 3.OA.1: describe reps and sets as multiplication problems 2.G.1; 3.MD.7 (d). Leg extensions (right angle), leg raises; shape jumps SL.2.2: Cardio freeze tag L.2.1; L.3.1: Powerup action verbs
			Lower Body	• Wall sits • Lunges • Toe raises • Donkey kicks		
			Core	• Plank • Leg raises		

Notes: 2.OA.1-2: Use addition and subtraction within 100 to solve one- and two-step word problems. Add and subtract within 20 using mental strategies. 2.OA.4: Use addition to find the total number of objects arranged in rectangular arrays with up to 5 rows and up to 5 columns. 3.OA.1: Interpret products of whole numbers. 2.G.1: Recognize and draw shapes having specified attributes, such as a given number of angles or a given number of equal faces. 3.MD.7 (d): Recognize area as additive. Find areas of rectilinear figures by decomposing them into non-overlapping rectangles. SL.2.2: Recount or describe key ideas or details from a text read aloud or information presented orally or through other media. L.2.1; L.3.1: Use knowledge of language and it conventions when writing, speaking, reading, or listening