
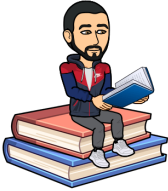
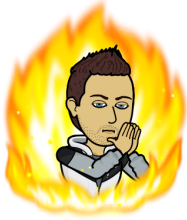




K-2 Physical Education
Week of 3/8/2021 - 3/14/21
Mr. Levitan & Mr. Mege

Directions: First, read your learning goals and vocabulary words. Then, click the link or follow the directions in each box. Lastly, complete your homework!

This week in PE	
<p>My Learning Goals</p> 	<ul style="list-style-type: none">• I can dribble and trap a ball• I can remember the cues of dribbling and trapping <p>Click here to see a video---> Dribbling and Trapping</p>
<p>Vocabulary</p> 	<p>Trap: To control or stop a ball on the floor by gently putting one foot on top of it</p> <p>Dribble: To move the ball in general space with the inside and outside of your feet</p> <p>General Space: The space we share with everyone else</p>
<p>Warm-Up</p> 	<p>Let's wake up our bodies, muscles, and brains by practicing Locomotor Movements. Do each one for 30 seconds...</p> <p>(Gallop, Skip, Slide, Hop, Jump, Jog, Walk, Crab Walk, Bear Crawl)</p> <p><u>Locomotors!</u></p>

<p>Fitness Fun!</p> 	<p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p style="text-align: center;"><u>Favorite Sports?!</u></p>
<p>This Week's Activities</p> <p>OPEN PE: Footskills</p>	<p>If you don't have a soft ball/object to use, you can use a sock ball or plastic bag ball. Watch this video to learn how to make one!</p> <p style="text-align: center;"><u>How to make a Sock Ball or Plastic Bag Ball</u></p> <p>This week we are learning how to trap and dribble a ball. These skills are commonly used in Soccer. First, practice dribbling around your home. Then, try this At Home Soccer challenge!</p> <p style="text-align: center;"><u>School Bus Soccer</u></p>
<p>Cool Down / Mindful Minute</p> 	<p>Take one minute to cool down by sitting down and breathing!</p> <p style="text-align: center;"><u>Mindful Minute</u></p>
<p>Homework!</p>	<p>Get outside in the nice weather and Practice! Practice! Practice!</p>