



K-2 Physical Education
Week of 10/5/2020 - 10/11/2020
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 assessment!

This week in PE	
My Learning Goals:	<ul style="list-style-type: none">● I can move with balance and control.● I can follow all directions without teacher reminders.● I can draw a map of a safe walking route near my home.● I can safely control my personal behavior in order to make physical education a positive learning environment.
Vocab:	<p>MOTIVATION: A reason to do something. The desire to reach a goal.</p> <p>INDEPENDENT: The ability to think and act for yourself.</p> <p>BALANCE: Upright and steady.</p>
Instant Activity! 	<p style="text-align: center;">Let's learn how to do the Salsa dance for Hispanic Heritage Month! Salsa originated from Cuba and Puerto Rico.</p> <div style="text-align: center;"> Salsa!</div>
Fitness Fun!	<p style="text-align: center;">Let's work on reaction time, coordination, and agility by clicking the link below! This will also improve our heart strength and make our muscles stronger & more flexible.</p> <p style="text-align: center;">Level Up 2!</p>

<p>Today's Activities:</p>	<p>Animal Acting: Let's get our bodies moving with Animal Acting. Have someone play music. When the music plays, jog in place. When the music stops, safely act like an animal. For example, flamingos stand on 1 leg; elephants wag their trunks. You can pick any animal you want, as long as you're safe. When the music starts again, jog in place.</p> <p>Loopy Lap Stations: Click the following link and practice these exercises and locomotor movements in a safe space: Locomotors & Exercises! Put on music for fun! If you're not sure how to perform them, click this link for a visual aid: Visual Aids!</p> <p>Laptastic (w/balance): Have someone play music. When the music plays, jog in place or around your safe activity space. Every time the music stops, freeze and strike a silly balance pose. Use between 1-4 body parts to balance. Also, you can change the way you move around by using other locomotor movements from the previous activity.</p>
<p>Cool Down / Mindful Minute</p>	<p>You Are Courage</p>
<p>Assessment</p>	<p>At-Home Walking Map</p>