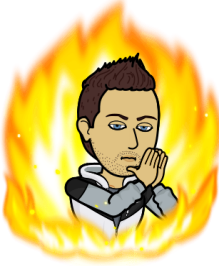



K-2 Physical Education  
Week of 11/9/2020 - 11/13/2020  
Mr. Levitan & Mr. Mege

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

<b>This week in PE</b>	
<b>My Learning Goals:</b>	<ul style="list-style-type: none"><li>● I can talk about how food gives my body energy to grow and be active.</li><li>● I can talk about how food and physical activity work to keep my mind and body healthy</li><li>● I can identify fruits and vegetables that I enjoy</li></ul>
<b>Vocabulary:</b>	<p><b>PROTEIN:</b> One of the 5 food groups that includes meats such as chicken, turkey, beef etc.</p> <p><b>GRAINS:</b> One of the 5 food groups that includes wheat, rice, oats, etc.</p> <p><b>DAIRY:</b> One of the 5 food groups that includes milk, cheese, eggs, etc.</p> <p><b>FRUIT:</b> One of the 5 food groups that are sweet and comes from plants and trees. (Apples, Bananas, etc.)</p> <p><b>VEGETABLE:</b> One of the 5 food groups that includes the nutritious, edible parts of plants.</p>
<b>Warm-Up</b>  	<p>Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p><a href="#"><u>Nutrition &amp; Locomotors</u></a></p>
<b>Fitness Fun!</b>	<p>It's Thanksgiving Month! Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p><a href="#"><u>Find the Turkey!</u></a></p>

<b>Today's Activities:</b>	<p>See if you can remember which food groups different foods belong to!</p> <p style="text-align: center;"><a href="#"><u>Nutrition Challenge!</u></a></p>
<b>Cool Down / Mindful Minute</b> 	<p>Take a minute to think about what you are thankful for this year!</p> <p style="text-align: center;"><a href="#"><u>Thanksgiving Mindful Minute</u></a></p>
<b>Assessment</b>	<p>Click the link to take your quiz!</p> <p style="text-align: center;"><a href="#"><u>Kindergarten Quiz</u></a></p> <p style="text-align: center;"><a href="#"><u>1st Grade Quiz</u></a></p> <p style="text-align: center;"><a href="#"><u>2nd Grade Quiz</u></a></p>