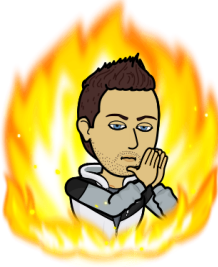


K-2 Physical Education
 Week of 11/2/2020 - 11/6/2020
 Mr. Levitan & Mr. Mege

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 talk about how food gives my body energy to grow and be active. ● I can talk about how food and physical activity work to keep my mind and body healthy ● I can identify fruits and vegetables that I enjoy
Vocabulary:	<p>PROTEIN: One of the 5 food groups that includes meats such as chicken, turkey, beef etc.</p> <p>GRAINS: One of the 5 food groups that includes wheat, rice, oats, etc.</p> <p>DAIRY: One of the 5 food groups that includes milk, cheese, eggs, etc.</p>
<p style="text-align: center;">Warm-Up</p> <div style="text-align: center;">  </div>	<p>Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="color: blue; text-decoration: underline;">The Great Pumpkin Run!</p>
Fitness Fun!	<p style="color: blue; text-decoration: underline;">Fitness Nutrition Challenge</p>
Today's Activities:	<p>Know Where: Use a jump rope (or something else) to make different pathways across your activity area. Pathways can be curved, zigzag, straight, or round. Balance and walk on the rope to trace your pathway. For a challenge, balance a Speed Stacks cup on a body part while you balance and walk your pathway.</p> <p>Food Scavenger Hunt: Find foods around your kitchen and see if you can figure out what food group they belong to!</p>

**Cool Down /
Mindful Minute**



Balance Breathing: Practice balancing on one foot while breathing in through your nose and out through your mouth. Count to 4 as you inhale and 4 as you exhale.

Assessment

Click the link to open up the MyPlate picture. Print it out or create your own! Color it in using the correct colors for each food group. (Dairy-blue, Protein-purple, Fruit-Red, Vegetable-Green, and Grains-Brown)

[MyPlate Picture](#)