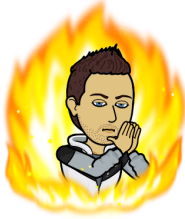



K-2 Physical Education
Week of 11/23/2020 - 11/29/2020
Mr. Levitan & Mr. Mege

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

This week in PE	
My Learning Goals	<ul style="list-style-type: none">● I can perform the underhand throw● I can remember the cues of the underhand throw● I can remember to step with the opposite foot <p>Click here to review the cues---> Underhand Throw Cues</p> <p>Click here to see a video--->Underhand Throw Demonstration</p>
Vocabulary	<ul style="list-style-type: none">● Underhand Throw: Throwing that begins with your hand below the level of your elbow<ul style="list-style-type: none">● Opposite: The right side of your body, is the opposite of the left side of your body.● Distance: The amount of space between two things or people
Warm-Up 	<p>It's almost Thanksgiving! Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="text-align: center;">Turkey Wobble!</p>
Fitness Fun! 	<p>It's Thanksgiving Month! Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p style="text-align: center;">Thanksgiving PE Fitness Tabata</p>

<p>This Week's Activities</p> <p>Equipment Needed: Any soft ball or object to throw.</p> 	<p>If you don't have a soft ball/object to throw you can use a sock ball or plastic bag ball. Watch this video to learn how to make one!</p> <p>How to make a Sock Ball or Plastic Bag Ball</p> <p>Dress the Turkey!</p> <p>Turkey Cut Out</p> <p>Click here to see video----> Dress the Turkey Video</p> <p>If you do not have a printer you can draw your own turkey and feathers!</p>
<p>Cool Down / Mindful Minute</p> 	<p>Take one minute to think about what you are thankful for this year!</p> <p>Thanksgiving Mindfulness</p>
<p>Homework!</p>	<p>Finish any HW you have not completed yet! Enjoy Thanksgiving!!</p>