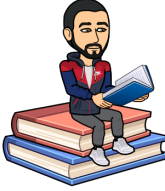





K-2 Physical Education
Week of 11/30/2020 - 12/4/2020
Mr. Levitan & Mr. Mege

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 overhand throw● I can remember the cues of the overhand throw● I can remember to step with the opposite foot <p>Click here to review the cues---> Overhand Throw Cues</p> <p>Click here to see a video--->Overhand Throw Demonstration</p>
Vocabulary 	<ul style="list-style-type: none">● Overhand Throw: Throwing that begins with your hand above the level of your elbow● Opposite: The right side of your body, is the opposite of the left side of your body.● Power: Energy that can do work
Warm-Up 	<p>Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="text-align: center;"><u>Warm-Up!</u></p>
Fitness Fun! 	<p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p style="text-align: center;"><u>This or That Tabata!</u></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>Mr. Randy Springs is a Physical Education teacher in Minnesota. He put together a video with some fun ways to practice the Overhand Throw at home! Watch the video and follow along to practice your Overhand Throwing.</p> <p>Overhand Throwing Challenges!</p>
<p>Cool Down / Mindful Minute</p> 	<p>Take one minute to cool down by doing some...</p> <p>Mindful Breathing</p>
<p>Homework!</p>	<p>Practice Overhand Throwing!!!</p>