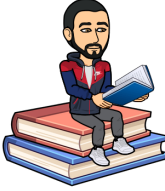
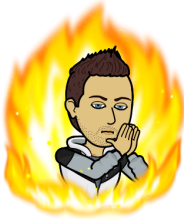


K-2 Physical Education  
Week of 12/7/2020 - 12/11/2020  
Mr. Levitan & Mr. Mege

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

<b>This week in PE</b>	
<b>My Learning Goals</b>	<ul style="list-style-type: none"><li>● I can perform the overhand throw</li><li>● I can remember the cues of the overhand throw</li><li>● I can remember to step with the opposite foot</li></ul> <p>Click here to review the cues---&gt; <a href="#">Overhand Throw Cues</a></p> <p>Click here to see a video---&gt;<a href="#">Overhand Throw Demonstration</a></p>
<b>Vocabulary</b> 	<ul style="list-style-type: none"><li>● <b>Overhand Throw:</b> Throwing that begins with your hand above the level of your elbow</li><li>● <b>Opposite:</b> The right side of your body, is the opposite of the left side of your body.</li><li>● <b>Power:</b> Energy that can do work</li></ul>
<b>Warm-Up</b> 	<p style="text-align: center;">Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="text-align: center;"><a href="#"><u>Firework!</u></a></p>
<b>Fitness Fun!</b>	<p style="text-align: center;">Let's exercise to help improve our heart health, muscle strength, and flexibility.</p>



## Favorite Animal Fitness

### **This Week's Activities**

**Equipment Needed:** Any soft ball or object to throw.

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!

[How to make a Sock Ball or Plastic Bag Ball](#)

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. Can you come up with your own game??

[Overhand Throwing Challenges!](#)

### **Cool Down / Mindful Minute**



Take one minute to cool down by sitting down, breathing, and following along with this video.

[Find Peace](#)

### **Homework!**

Find a picture in a magazine or online of someone performing an **Overhand** Throw. Email it to Mr. Levitan or Mr. Mege!