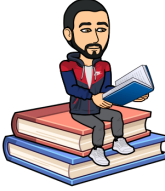





K-2 Physical Education
Week of 1/4/2020 - 1/10/2020
Mr. Levitan & Mr. Mege

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 catch from above my head● I can catch from below my waist● I can remember the cues of catching <p>Click here to review the cues---> Catching Cues</p> <p>Click here to see a video---> Catching (First 3 minutes)</p>
Vocabulary 	<p>Catch: Grab and hold on to something in the air that was thrown, propelled, dropped, or kicked</p> <p>Waist: The part of the body that is above the hips and below the ribs</p> <p>Bounce: When an object (usually a ball) moves quickly up, back, or away from a surface after hitting it</p>
Warm-Up 	<p>Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="text-align: center;">Sport Warm up with Yoyo</p>
Fitness Fun!	<p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p>

	<h2 style="text-align: center;"><u>Level Up 3!</u></h2>
<p>This Week's Activities</p> <p>Equipment You Can Use:</p> <ul style="list-style-type: none">• Plastic Bag• Soft ball (small, medium, or large)• Soft object• Balloon	<p>If you don't have a soft ball/object to toss you can use a sock ball or plastic bag ball. Watch this video to learn how to make one!</p> <p style="text-align: center;"><u>How to make a Sock Ball or Plastic Bag Ball</u></p> <p style="text-align: center;">Click the link and follow along:</p> <p style="text-align: center;"><u>Ball Skills</u></p>
<p>Cool Down / Mindful Minute</p> 	<p>Take one minute to cool down by sitting down, breathing, and following along with this video.</p> <p style="text-align: center;"><u>Raindrops</u></p>
<p>Homework!</p>	<p>Practice Throwing and Catching with a family member or friend!</p>