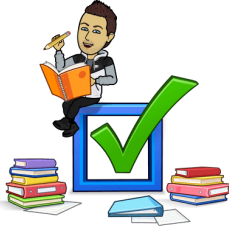
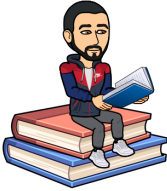
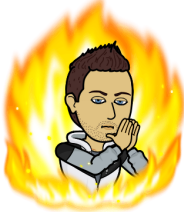




K-2 Physical Education  
Week of 1/25/2020 - 1/31/2020  
Mr. Levitan & Mr. Mege

**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   |   |
|---|---|
| <p><b>My Learning Goals</b></p>  | <ul style="list-style-type: none"><li>● I can dribble a ball continuously with one hand using my finger pads</li><li>● I can perform a bounce pass to a friend</li></ul> <p>Click here to review the cues---&gt; <a href="#">Hand Dribbling Cues</a></p> <p>Click here to see a video---&gt; <a href="#">Hand Dribbling Cues</a></p> <p>Bounce Pass Cues → <a href="#">Bounce Pass Cues</a></p> |
| <p><b>Vocabulary</b></p>       | <p><b>Dribble:</b> Taking a ball forward by continuous bouncing</p> <p><b>Bounce Pass:</b> a pass to a teammate that is made by bouncing the ball once.</p>   |
| <p><b>Warm-Up</b></p>          | <p>Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p><a href="#"><u>Make or Miss?!</u></a></p>   |

|  |   |
|--|---|
| <p><b>Fitness Fun!</b></p>                  | <p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p>This month we are learning the National School Choice Week Dance! Follow along and do your best!</p> <p style="text-align: center;"><u><a href="#">NSCW Dance!</a></u></p> |
| <p><b>This Week's Activities</b></p>   | <p>Practice dribbling in self-space. Ask a family member to practice bounce passing with you!</p>   |
| <p><b>Cool Down / Mindful Minute</b></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><a href="#">Sunset</a></u></p>   |
| <p><b>Homework!</b></p>  | <p>Practice Dribbling &amp; Bounce Passing!</p>   |