
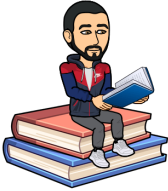
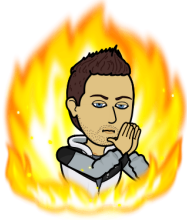




K-2 Physical Education  
Week of 3/1/2021 - 3/7/21  
Mr. Levitan & Mr. Mege

**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 and trap a ball</li><li>● I can remember the cues of dribbling and trapping</li></ul> <p>Click here to see a video---&gt; <a href="#">Dribbling and Trapping</a></p>
<p><b>Vocabulary</b></p> 	<p><b>Trap:</b> To control or stop a ball on the floor by gently putting one foot on top of it</p> <p><b>Dribble:</b> To move the ball in general space with the inside and outside of your feet</p> <p><b>General Space:</b> The space we share with everyone else</p>
<p><b>Warm-Up</b></p> 	<p>Let's wake up our bodies, muscles, and brains by practicing Locomotor Movements. Do each one for 30 seconds...</p> <p>(Gallop, Skip, Slide, Hop, Jump, Jog, Walk, Crab Walk, Bear Crawl)</p> <p><b><u>Locomotors!</u></b></p>

<p><b>Fitness Fun!</b></p> 	<p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p style="text-align: center;"><u><a href="#">Dr. Seuss Week!!!</a></u></p>
<p><b>This Week's Activities</b></p> <p>OPEN PE: Footskills</p>	<p>If you don't have a soft ball/object to use, 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><a href="#">How to make a Sock Ball or Plastic Bag Ball</a></u></p> <p>This week we are learning how to trap and dribble a ball. These skills are commonly used in Soccer. First, practice dribbling around your home. Then, try this At Home Soccer challenge!</p> <p style="text-align: center;"><u><a href="#">At Home Soccer Challenge</a></u></p>
<p><b>Cool Down / Mindful Minute</b></p> 	<p>Take one minute to cool down by sitting down and breathing!</p> <p style="text-align: center;"><u><a href="#">Mindful Minute</a></u></p>
<p><b>Homework!</b></p>	<p>Use objects in your home to create a maze. See if you can dribble around the objects without touching them!</p>