

K-2 Physical Education

9/8/2020 - 9/11/2020

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 assessment!

This week in PE!	
My Learning Goals:	<ul style="list-style-type: none">• I can talk with classmates about why physical activity is good for us.• I can enjoy being physically active.• I can control my body and behavior and stay 6 to 12 feet away from my classmates.• I can behave in ways that are trustworthy.• I can be physically active every day for at least 60 minutes.• I can look for a safe activity space at home that I can use every day.
Vocab:	<p>PERSONAL SPACE: The area around a person where they feel safe. It feels uncomfortable when someone enters this space.</p> <p>ENJOY: To have a fun time. We enjoy playing physical activity games.</p> <p>HEALTH: Free from sickness and injury. Feeling physical, mental, and social well-being.</p> <p>TRUST: A good feeling you get when you can rely on someone or something</p>
Warm-up	<p>Get Energized</p>
Fitness Fun!	<p>30-Second Animal Jumps: We're going to use the Animal Alphabet Cards to play a jumping game. Each card gives 2 animals choices. Put on music for 30 seconds and jump in your personal space like the animal on you picked. Stay in your 6-foot personal bubble. When the music stops, pick another animal from the next card. It's okay to change your mind during the 30 seconds and jump like the other animal.</p> <p>Click Here for Animal Cards!</p>

<p>Today's Activities:</p> <p>1) Animals Charades</p> <p>2) Animal Dance Party</p>	<p>Animal Charades: Stand inside your 6-foot bubble. The object of this game is to silently act like an animal so that a family member can guess what it is. Take turns guessing and acting like animals. If you need help thinking of an animal, use the Animal Alphabet Cards!</p> <p>Animal Dance Party: Use the Animal Alphabet Cards to pick animals that will come to our dance party. You can use these cards to have dance parties in your home. Remember, stay inside your 6-foot bubble!</p>
<p>Cool Down / Mindful Minute</p>	<p>Make Someone Happy</p>
<p>Self-Assessment</p>	<p>Click Here!</p>