

K-2 Physical Education
9/21/2020 - 9/27/2020
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 be enthusiastic, and I will also safely control my personal behavior.● I can be physically active every day for at least 60 minutes.● I can draw a map of a safe physical activity space in my home.
Vocabulary:	<p>ENTHUSIASM: An important feeling you get when you're excited about a goal and are motivated to work hard.</p> <p>PERSONAL BEHAVIOR: The actions of an individual person.</p> <p>RESOURCE: Supplies, opportunities, and supports that a person can use to do a job or be productive.</p>
Warm-Up	<u>Strengthen Your Focus</u>
Fitness Fun!	<p style="text-align: center;">Let's work on jumping, balance, coordination, reaction, and agility by clicking the link below!</p> <p style="text-align: center;"><u>Balloon Pop Workout</u></p>

<p>This Week's Activities:</p>	<p>Invisible Rock Garden: It's time to plant an invisible rock garden. When the music plays (use slow-tempo music), walk in your activity area and plant invisible rock seeds. To do that you have to be 6–12 feet from all other people. Find open space, dig an invisible hole with your invisible shovel, and then drop in an invisible rock seed. Cover the hole with invisible dirt, and water it with invisible water. It's not a race. Plant 5-10 invisible rocks while music plays.</p> <p>Invisible Rock Collector: WOW! Your invisible rock garden grew really fast! Now it's time to collect your rocks. Put on your invisible backpack. When the music plays (use slow-tempo music), walk in the activity area and carefully pick up invisible rocks and place them in your backpack. To do that you have to be 6–12 feet from all other people. Find open space, squat down by bending your knees and lift the rock into your pack. It's not a race. Collect 5–10 invisible rocks while music plays.</p> <p>Invisible Rock Buster: Now that we've collected our invisible rocks, it's time to break them into invisible pebbles. To do that, take 1 invisible rock out of your invisible backpack. Place it inside your personal 6-foot bubble. Jump on it 5 times — straight up and down. After you've busted an invisible rock, get a new rock and start busting again. Make as many pebbles as you can while the music plays.</p>
<p>Cool Down / Mindful Minute</p>	<p style="text-align: center;">Find Joy</p>
<p>Assessment</p>	<p>Draw a map of a safe physical activity space that you have in your home. Click the link below for an example! Be prepared to show Mr.Levitan or Mr. Mege during your Zoom session!</p> <p style="text-align: center;">Activity Map</p>