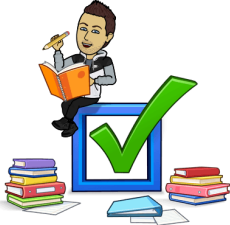
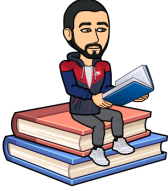
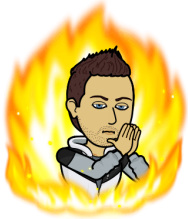



K-2 Physical Education
Week of 1/11/2020 - 1/17/2020
Mr. Levitan & Mr. Mege

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>My Learning Goals</p> 	<ul style="list-style-type: none">● I can dribble a ball continuously with one hand using my finger pads● I can remember the cues of dribbling <p>Click here to review the cues---> Hand Dribbling Cues</p> <p>Click here to see a video---> Hand Dribbling Cues</p>
<p>Vocabulary</p> 	<p>Dribble: Taking a ball forward by continuous bouncing</p> <p>Continuous: without stopping</p> <p>Bounce: When an object (usually a ball) moves quickly up, back, or away from a surface after hitting it</p>
<p>Warm-Up</p> 	<p>Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="text-align: center;"><u>Wipeout!</u></p>
<p>Fitness Fun!</p> 	<p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p>This month we are learning the Nation School Choice Week Dance! Follow along and do your best!</p>

	<p style="text-align: center;">NSCW Dance!</p> <p style="text-align: center;">Here is a breakdown of the dance steps..</p> <p style="text-align: center;">NSCW Dance (Step by Step)</p>
<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;">How to make a Sock Ball or Plastic Bag Ball</p> <p style="text-align: center;">Click the link to see the skills we will be learning this month!</p> <p style="text-align: center;">Ball Skills</p> <p style="text-align: center;">If possible, practice dribbling in self-space. Try your favorite hand and then try your other hand</p>
<p>Cool Down /</p>	<p>Take one minute to cool down by sitting down, breathing,</p>

Mindful Minute



and following along with this video.

[Sunset](#)

Homework!

Practice Dribbling!