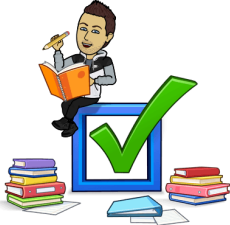
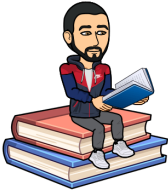
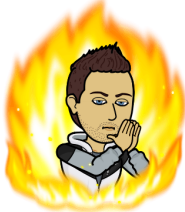

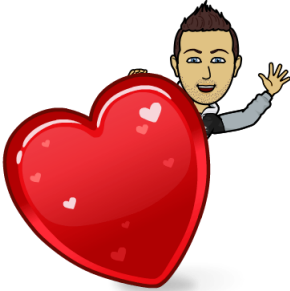


K-2 Physical Education  
Week of 2/8/2021 - 2/14/21  
Mr. Levitan & Mr. Mege

**Directions:** First, read your learning goals and vocabulary words. Then, click the link or follow the directions in each box. Lastly, complete your homework!

<b>This week in PE</b>	
<p><b>My Learning Goals</b></p> 	<ul style="list-style-type: none"><li>● I can turn and jump over a rope</li><li>● I can jump over a long rope turned by an adult</li></ul> <p>Cues:</p> <ol style="list-style-type: none"><li>1. Feet Glued Together</li><li>2. Turn First, Then Jump</li><li>3. Big Arm Circles</li></ol> <p>Click here to see a video---&gt; <a href="#">Jump Rope Cues</a></p>
<p><b>Vocabulary</b></p> 	<p><b>Endurance:</b> remain active for a long period of time</p> <p><b>Heart Rate:</b> how many times your heart beats per minute</p> <p><b>Jump Rope:</b> a length of rope used for jumping by swinging it over the head</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>If you don't have a jump rope, use a sock or towel to lay on the floor.</p> <p><b><u><a href="#">Jump Rope Skills</a></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><b><u><a href="#">Valentine's Day: Would you Rather?!</a></u></b></p> 
<p><b>This Week's Activities</b></p>	<p>If you don't have a jump rope, you can use a sock, belt, scarf, towel, or anything long and skinny!</p> <p>Check out this Jump Rope Challenge!</p> <p><b><u><a href="#">Kevin Tiller's Great 8 Jump Rope Would you Rather?</a></u></b></p>

**Cool Down /  
Mindful Minute**



Take one minute to cool down by sitting down and breathing! Focus on your heart beat getting slower.

**Homework!**

Practice Jump Roping and don't forget to raise money for the Kids Heart Challenge!!