

K-2 Physical Education
 Week of 9/29/2020 - 10/2/2020
 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 discuss what it means to be healthy and have good health. ● I can be physically active as a way to protect my health. ● I can look for a safe route for my family to walk ● I can use positive words that help my classmates feel safe
Vocab:	<p>COURAGE: The ability to do what's right even though you feel fear</p> <p>HEALTH: The state of being free from sickness or injury</p> <p>EXERCISE: Physical activity that a person does specifically to improve health and fitness.</p>
Warm-up	<p style="text-align: center;">Let's warm up our bodies and brains and get ready for the day's activities by clicking the link below!</p> <p style="text-align: center;"><u>Power Up!</u></p>
Fitness Fun!	<p style="text-align: center;">Let's work on reaction time, coordination, and agility by clicking the link below! This will also make our hearts and muscles stronger!</p> <p style="text-align: center;"><u>Level Up!</u></p>
Today's Activities:	<p>Mirror, Mirror: Have some family members at home stand in front of you and face you. Make different movements with your body and have them mirror you. Take turns!</p> <p>Red Fish, Blue Fish: Put some music on and move around your activity space using different locomotor movements (jog, skip, walk, hop, jump etc.) When the music turns off have a family member call out either Red Fish or Blue Fish. Red Fish = 5 Jumping Jacks Blue Fish = 10 Tuck Jumps. You can switch up the exercises for each fish.</p> <p>Red Light, Green Light: The object of the game is to move during green lights and stop on red lights. Score a point every time you stop immediately on a red light. Have a family member say "Green Light," and start jogging in your place. When they say "Red Light," you have to freeze. Keep track of</p>

	your points.
Cool Down / Mindful Minute	Let's think about ways to have fun throughout the day by clicking the link below! Have Fun!
Assessment	Keep track of your physical activity by completing this log everyday this week! If you can't print, just create your own! Activity Log