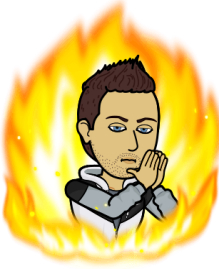



K-2 Physical Education
Week of 10/13/2020 - 10/18/2020
Mr. Levitan & Mr. Mege

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 move with balance and control.• I can talk with my classmates and family about how physical activity helps my heart grow stronger.• I can enjoy physical activities that make my heart beat faster.
Vocabulary:	<p>RELAX: To become less anxious. To de-stress.</p> <p>HEART: The muscular organ that pumps blood through the body.</p> <p>EMOTION: A natural feeling that happens because of a specific situation or in a specific environment.</p>
Instant Activity! Warm-Up 	<p>Let's wake up our bodies, muscles, and brains by following along with this video. It's always important to perform "moving" stretches before doing physical activity.</p> <p style="text-align: center;"><u>Wake Up!</u></p>
Fitness Fun!	<p>Grab your favorite stuffed animal! This will improve our heart strength and make our muscles stronger & more flexible.</p> <p style="text-align: center;"><u>Stuffed Animal Workout</u></p>

<p>Today's Activities:</p>	<p>Elevator Game: Let's get our bodies moving with the Elevator Game. Stand tall with your feet shoulder-width apart. We're going to go from the 10th story of a building (standing tall), down to the ground floor (squat position). But, as we slowly go down on the elevator, we're going to have to stop and go back up to get things that we have forgotten. Follow along with my story to go up and down on the elevator. Elevator Game!</p> <p>Loopy Lap Stations: Click the following link and practice these exercises and locomotor movements in a safe space: Locomotors & Exercises! Put on music for fun! If you're not sure how to perform them, click this link for a visual aid: Visual Aids! (1) Visual Aids! (2)</p> <p>Body Shapes: We're going to balance on 1 foot and slowly draw shapes in the air with our other foot. After a few minutes, we're going to switch feet and draw with the other foot. If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.</p>
<p>Cool Down / Mindful Minute</p> 	<p style="text-align: center;">Shake it Off!</p>
<p>Assessment</p>	<p style="text-align: center;">Complete any missed PE assignments (Activity Log and Safe Walking Map). Use your map and go for a walk with your family!</p>