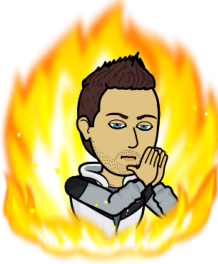



K-2 Physical Education
Week of 10/19/2020 - 10/25/2020
Mr. Levitan & Mr. Mege

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>ENERGY: The strength and endurance that a person has for physical and mental activity.</p> <p>HEALTH: Free from sickness & injury. Physical, mental, and social well-being.</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>Let's work on our coordination and agility by clicking the link below! This will also improve our heart strength and make our muscles stronger & more flexible.</p> <p style="text-align: center;"><u>Line Jump Workout</u></p>

<p>Today's Activities:</p>	<p>Locomotor Movements!: Click the following links and practice these locomotor movements in a safe space: Locomotors! Locomotors! (2)</p>
<p>Cool Down / Mindful Minute</p> 	<p>Balance and Breathe I: Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object). Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup. Need a challenge?! Balance 1 cup in each hand.</p>
<p>Assessment</p>	<p>Complete any missed PE assignments (Activity Log from Week 4 and Safe Walking Map from week 5) Use your map and go for a walk with your family!</p>