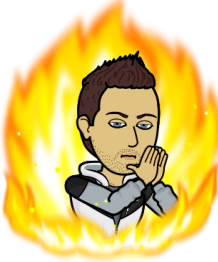



K-2 Physical Education
 Week of 10/26/2020 - 10/30/2020
 Mr. Levitan & Mr. Mege

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 | |
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| My Learning Goals: | <ul style="list-style-type: none"> • I can talk about how food gives my body energy to grow and be active. • I can talk about how food and physical activity work to keep my mind and body healthy • I can identify fruits and vegetables that I enjoy |
| Vocabulary: | <p>ENERGY: The strength and endurance that a person has for physical and mental activity.</p> <p>FRUIT: One of the 5 food groups that includes sweet edible parts of trees and plants</p> <p>VEGETABLE: One of the 5 food groups that includes the nutritious, edible parts of plants.</p> |
| <p style="text-align: center;">Warm-Up</p> <div style="text-align: center;">  </div> | <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><u>Scary Emoji Fitness!</u></p> |
| Today's Activities: | <p>Jumping Jello: Make a circle with a jump rope (or a couple of shoelaces). The circle is a big bowl of fruity Jello! Jump into the bowl of fruity Jello and bounce 5 times before you jump out of the bowl. Next, try to create new ways of jumping in the Jello. Can you jump high and low? Soft and quiet? How many different ways can you jump? Every time you jump, say the name of a Vegetable/Fruit that is good for you.</p> <p>Vegetable/Fruit Letters: The object of this activity is to use your jump rope to make the first letter in the names of different vegetables/fruits. Do that by laying the rope on the floor and moving it to make letter shapes. After you make each letter, walk with your feet on the rope tracing the letter shape from bottom to top.</p> |

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| | <p>Here are some vegetable names — Carrot, Lettuce, Broccoli, Spinach, Okra, Eggplant, Peas, Zucchini.</p> <p>Know Where: Use your jump rope to make different pathways across your activity area. Pathways can be curved, zigzag, straight, or round. Balance and walk on the rope to trace your pathway. For a challenge, balance a Speed Stacks cup on a body part while you balance and walk your pathway.</p> |
| <p>Cool Down / Mindful Minute</p>  | <p>Balance and Breathe II: 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). Pick any body part and balance the cup on that body part. Now, slowly walk in a small circle in your activity space while balancing the cup. While you walk, practice equal breathing with 4-count inhales and exhales. If the cup falls, just pick it back up and try again.</p> |
| <p>Assessment</p> | <p>Quiz (Link On Assignment Page)</p> |