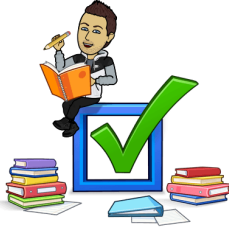
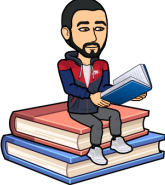
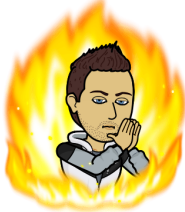



K-2 Physical Education
Week of 2/3/2021 - 2/7/21
Mr. Levitan & Mr. Mege

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

| This week in PE | |
|---|---|
| <p>My Learning Goals</p>  | <ul style="list-style-type: none">● I can perform a basketball shot● I can remember the cues of the basketball shot● I can turn and jump over a rope● I can jump over a long rope turned by an adult <p>Click here to review the cues---> Basketball Shot Cues</p> <p>Click here to see a video---> Basketball Shot Demonstration</p> <p>Jump Rope Video: Jump Rope Cues</p> |
| <p>Vocabulary</p>  | <p>Endurance: remain active for a long period of time</p> <p>Basketball Shot: a way to throw the basketball toward the net</p> <p>Heart Rate: how many times your heart beats per minute</p> <p>Jump Rope: a length of rope used for jumping by swinging it over the head</p> |

| | |
|--|---|
| <p>Warm-Up</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><u>Jump Rope Skills</u></p> |
| <p>Fitness Fun!</p>  | <p>Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p>1-Minute Club: See if you can jump up and down or jump a rope for one minute without stopping or making a mistake! Be Honest. Use the timer below:</p> <p><u>Timer</u></p> |
| <p>This Week's Activities</p> | <p>If you don't have a soft ball/object you can use a sock ball or plastic bag ball. Watch this video to learn how to make one!</p> <p><u>How to make a Sock Ball or Plastic Bag Ball</u></p> <p>Check out these At-Home Basketball Shot Challenges!!</p> <p><u>Basketball Sock Frenzy!</u></p> <p><u>Basketball Speed Shot!</u></p> |

**Cool Down /
Mindful Minute**



Take one minute to cool down by sitting down, breathing, and following along with this video.

Homework!

Practice the basketball shot and jump roping! Make sure to register for the Kids Heart Challenge!!

[Kids Heart Challenge](#)