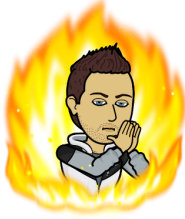




K-2 Physical Education
Week of 11/16/2020 - 11/20/2020
Mr. Levitan & Mr. Mege

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

This week in PE	
My Learning Goals:	<ul style="list-style-type: none">● I can perform the underhand throw● I can remember the cues of the underhand throw <p>Click here to review the cues---> Underhand Throw Cues</p> <p>Click here to see a video--->Underhand Throw Demonstration</p>
Vocabulary:	<ul style="list-style-type: none">● Underhand Throw: Throwing that begins with your hand below the level of your elbow● Opposite: The right side of your body, is the opposite of the left side of your body.● Distance: The amount of space between two things
Warm-Up 	<p>It's almost Thanksgiving! Let's wake up our bodies, muscles, and brains by following along with this video.</p> <p style="text-align: center;">Turkey Hop!</p>
Fitness Fun! 	<p>It's Thanksgiving Month! Let's exercise to help improve our heart health, muscle strength, and flexibility.</p> <p style="text-align: center;">Thanksgiving! This or That?</p>

<p>This Week's Activities:</p> <p>Equipment Needed: Any soft ball or object to throw.</p>	<p>If you don't have a soft ball/object to throw 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>1) Decorate the Cookie! - Find something in your home to use as a target (Pot, Laundry Basket, Hula Hoop, etc). Place the target on the floor and then take 5 steps away from it. Practice underhand throwing your object (ball, sock ball, plastic bag ball, etc) into the target. If you get it in, do an exercise of your choice 10 times! If you miss, do 10 jumping jacks and then go get your ball. If you get it in the target 5 times in a row, take another step back.</p> <p>2) Make It, Take It! - Find several objects to place around your playing area (this can be anything in your home). Make sure to space them out. Put a target (Pot, Laundry Basket, Hula Hoop, etc) in the middle of these objects. Practice underhand throwing from each object you put down. If you get your ball in the target. Then, you can take the object you threw from and put it on the side. If you miss, then do 10 jumping jacks (or an exercise of your choice) and go retrieve your ball and try again! See how long it takes you to collect all the objects. After you're finished, play again and see if you can beat your time!.</p>
<p>Cool Down / Mindful Minute</p> 	<p>Take one minute to think about what you are thankful for this year!</p> <p><u>Thanksgiving Mindfulness</u></p>
<p>Homework!</p>	<p>Find a picture in a magazine or online of someone performing an underhand throw. Email it to Mr. Levitan or Mr. Mege!</p>