

# PE at HOME for the week of April 13-17

WE WANT TO HELP YOU STAY PHYSICALLY ACTIVE AND HEALTHY WHILE OUR SCHOOLS ARE OUT. THE GOAL IS TO HAVE AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY EACH DAY. REMEMBER, ACTIVITY TIME DOESN'T HAVE TO HAPPEN ALL AT ONCE. REPEAT AS MANY TIMES AS YOU CAN THROUGHOUT THE WEEK. 😊

## Daily Workout



## Repeat

PreK-Kindergarten- 2 times

1<sup>st</sup> Grade- 3 times

2<sup>nd</sup> Grade- 4 times

3<sup>rd</sup> Grade- 5 times

4<sup>th</sup> Grade- 6 times

5<sup>th</sup> & 6<sup>th</sup> Grade- 7 times

## SKILL FOCUS: Volleying

Use a volleyball, beach ball or balloon

### Activity Procedures: (5 minutes)

1. Count how many times you can strike the ball without it hitting the ground.
2. If possible, have a family member toss a ball to you for bump and set passes.

### Grade Level Progression: (10-15 minutes)

**PreK- K:** Students will strike a balloon or lightweight ball into the air, sending it upwards.

**1<sup>st</sup>- 2<sup>nd</sup>:** Students will count consecutive hits upward with an open palm using a balloon or lightweight ball.

**3<sup>rd</sup>- 4<sup>th</sup>:** Students will count consecutive hits using the bump pass. Remember, bend your knees, make a flat surface with arms, straighten knees to pass.

**5<sup>th</sup>-6<sup>th</sup>:** Students will count consecutive hits using the set pass. Remember arms overhead, point elbows out, make a diamond shape and extend arms upward.

- If you do not have equipment, that's okay; you can do an activity on the Activity Calendar on back. If it's safe outside and you have adult permission, try playing music and having a dance party, jump on your trampoline, jump rope, ride your bike, scooter, or other play equipment, play in your yard, take a walk with your family, run through the water sprinkler, or hopscotch. Or, you can help your family by doing a chore that lasts at least 10 minutes, such as vacuuming, sweeping, or mopping.

THE GOAL IS TO MOVE YOUR BODY!

### Weekly Challenge:

**Wall Sit:** Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold.

Challenge yourself or someone in your family.

How long can YOU hold that position? Have someone time you. WHO can stay in that position the longest?