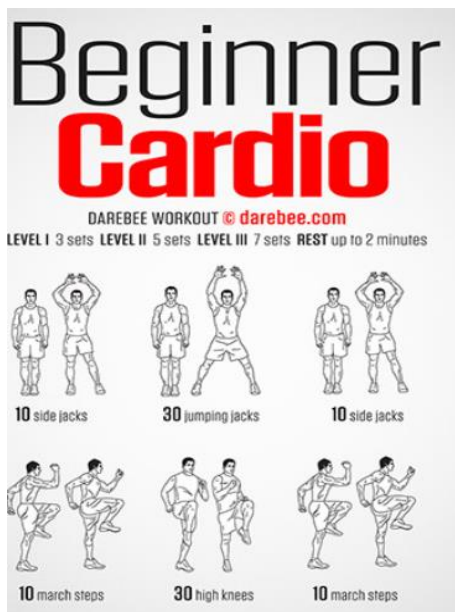


# PE at HOME for the week of April 27-May 1

WE WANT TO HELP YOU STAY PHYSICALLY ACTIVE AND HEALTHY WHILE OUR SCHOOLS ARE OUT. THE GOAL IS TO HAVE 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- 2 times**

**2<sup>nd</sup> Grade- 3 times**

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

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

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

## SKILL FOCUS: Foot Skills (strike with foot)

**Use a soccer ball or other outdoor ball**

### Activity Procedures: (5 minutes)

1. Use the inside of your foot to tap the ball forward. Move throughout general space at a walking pace.
2. Move safely and use your eyes to see your ball and the other people around you. Don't bump into other people's personal space.
3. When you hear, "Stop", trap the ball by stepping on the ball or stopping it with the inside of your foot.

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

**PreK- K:** Tap the ball forward and follow (this is called dribbling). Begin tapping with dominant foot only.

**1<sup>st</sup> and 2<sup>nd</sup>:** Slow and controlled dribbling with inside of foot. Change directions (right, left, and backwards).

**3<sup>rd</sup> and 4<sup>th</sup>:** Dribble at a jogging pace.

**5<sup>th</sup> and 6<sup>th</sup>:** Dribble at a jogging pace. When someone gives a signal, change speed and directions.

- 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:

**Challenge someone in your family to a dribbling race. Who can get from start to stop in the shortest amount of time? Who has the fastest time? Can you beat your previous time?**