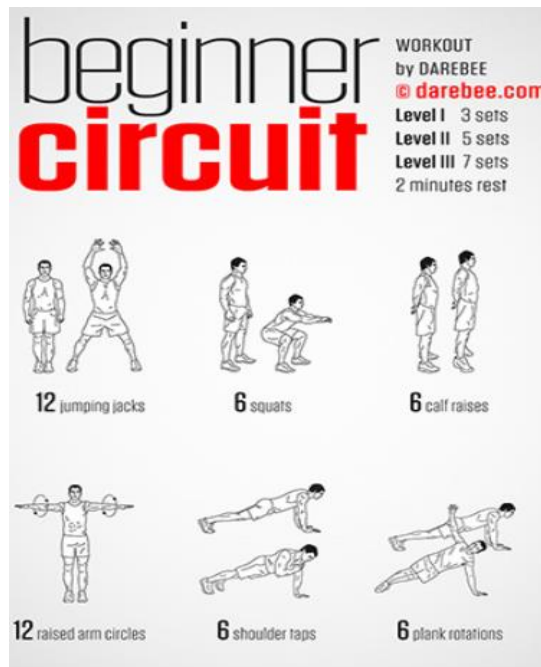


# PE at HOME for the week of April 6-10

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- 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: Dribbling

**Use a basketball or other bouncy ball**

### Activity Procedures: (15 minutes)

1. Count how many times you can dribble the ball.
2. When you make a mistake, complete 1 mini-jump for each dribble that you made (e.g., 4 dribbles in a row = 4 mini-jumps).
3. Do mini-jumps by holding the ball in both hands over your head and then making quick 1-inch jumps off of your 2 feet.

### Grade Level Progression:

**PreK- K:** Students begin by counting how many times in a row they can drop and successfully catch balls.

**1<sup>st</sup> and 2<sup>nd</sup>:** Students count consecutive dribbles in self-space using the dominant hand/fingers (not palm) and NOT looking at the ball (eyes up!).

**3<sup>rd</sup> and 4<sup>th</sup>:** Students count consecutive dribbles as they walk in general space. Try it with your right hand. Now your left. Eyes up!

**5<sup>th</sup> and 6<sup>th</sup>:** Students count consecutive dribbles as they dribble in different positions (kneeling, squatting, standing on one foot). Eyes Up!

- 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: Try dribbling between your legs or behind your back. See if you can increase the number of dribbles in a row each day. Try coming up with your own creative dribbling sequence.**