

PE at HOME for the week of May 4-8

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

1st Grade- 3 times

2nd Grade- 4 times

3rd Grade- 5 times

4th Grade- 6 times

5th & 6th Grade- 7 times

SKILL FOCUS: Tossing & Catching

Use ball, or any soft, tossable available

Activity Procedures: (5 minutes)

1. Count how many times you can toss and catch the ball.
2. After each catch, do your favorite dance move.

Grade Level Progression: (10-15 minutes)

PreK- K: Students begin by counting how many times in a row they can toss the ball up to a low level and catch it while keeping their feet in the same place. Then try a medium level, then a high level.

1st and 2nd: Students count how many times they can toss the ball with right hand, then catch with left hand. Then toss with left and catch with right.

3rd and 4th: Students toss the ball in the air and see if they can clap before catching it. Count to see how many times they can clap before catching the ball.

5th and 6th: Students toss the ball under their leg and behind back and see if they can catch it. Toss the ball, spin around, then catch it.

- 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:

Play catch with a partner and take 1 step back after each catch. How far apart can you get? See if you can improve your number of catches each day.