



Physical Education

Week 12

Word of the Week

Vitamin B

Benefits

Improves memory, proper digestion, & supports energy production.

Vitamin B rich foods:

White beans, black beans, spinach, squash, mushrooms, green peas, sunflower seeds, and more.



TK-1

QB Scramble

<https://youtu.be/fT4BCrDfOCs>

- Students will focus on directional cues forward, backward, right, and left.
- Students will how to follow patterns while continuously moving their bodies.
- CCSS: TK-K: 3.1 1st Grade: 1.10

Turkey Runaway

<https://youtu.be/cFc4bXttvsE>

- Students will focus on rhythms, steps, and their cardiovascular endurance.
- Will have need to continuously move their bodies for a specific amount of time.
- CCSS: TK-K: 1.16/ 1st Grade: 1.22

Turkey Football Items needed

- None

2-5

Angry Turk-ees

<https://youtu.be/2glrgrnllbE>

- Students will focus on their muscular strength, muscular endurance, accuracy, and strategy skills.
- Students will focus on launching an item using an implement.
- Students will perform an exercise prior to launching an item using an implement.
- CCSS: 2nd Grade: 1.2 / 3rd Grade: 4.1 / 4th Grade: 4.2/ 5th Grade:3.7

Gobble Gobble Gobble

<https://youtu.be/8wbQs2E1Gil>

- Students will focus on their backhand throwing, accuracy, and strategy skills.
- Students will need to cast a hat and retrieve an item using an implement.
- CCSS: 2nd Grade: 2.9 / 3rd Grade: 5.2 / 4th Grade: 1.8/ 5th Grade: 1.5

Angry Turk-ees Items needed:

- Sock
- Sock ball (2)/ Paper balls (2)
- Basket/bucket/box
- Tape (optional)

Assignments

TK-1

Create your own FAST 5 workout using 4 different exercise movements.

2-5

Create your own 1 minute challenge using at least one cardiovascular endurance movement. (example: jumping, hopping, jumping jack, etc)

Have a great day!

