



Physical Education

Week 13

Word of the Week #13

Vitamin C

Benefits

Supports your immune system, wound healing, and growth of bones & teeth.

Vitamin B rich foods:

Bananas, oranges, tomatoes, red peppers, broccoli, mangos, strawberries, cantaloupe, green peas, cherries, and more.

TK-1

The Wishing Well (Sync)

https://youtu.be/992IT_oERsq

- 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: 5.2/ 1st Grade: 1.10

Shape Dash (Async)

<https://youtu.be/DuUT8DzHYb0>

- 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: 1.10/ 1st Grade:1.5

The Wishing Well Items needed

- 5-10 Bottle Caps
- Basket/Bowl/Cup

2-5

Bounce It Off (Sync)

<https://youtu.be/eke1pfdFLR4>

- 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:5.2 / 3rd Grade: 1.11 / 4th Grade:1.10 / 5th Grade: 1.8

The Goat (Async)

https://youtu.be/5f_JDI6lo4A

- 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: 1.8 / 3rd Grade: 1.9 / 4th Grade:1.7 / 5th Grade: 3.1

Bounce it Off Items needed:

- Ball/Paper ball
- Bucket/Basket/Box

Assignments

A background image of a baseball game. A player in a white uniform is sliding into a base, while a player in a dark uniform is crouched nearby, ready to catch the ball. The scene is set on a baseball field with green grass and brown dirt.

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!