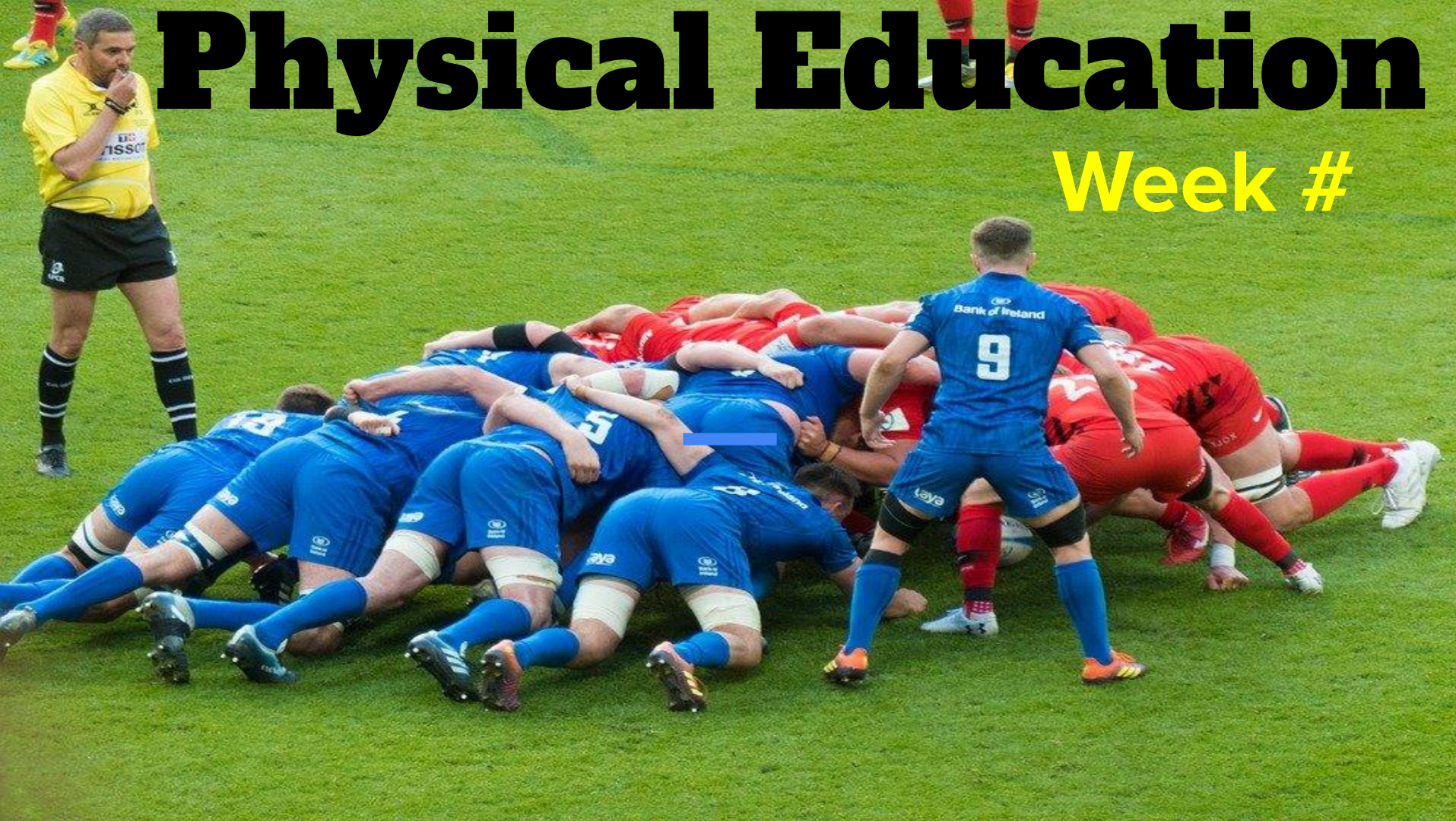


Physical Education

Week #



Word of the Week #

AMRAP

Definition:

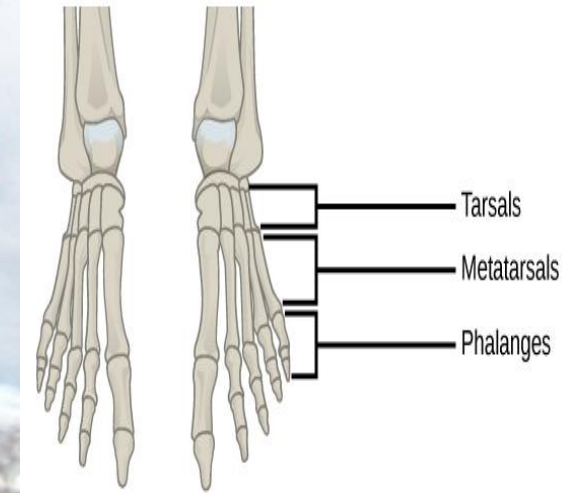
As many **reps**(rounds) as **possible**

Examples:

Complete as many reps or rounds as possible in a given time. (ex: complete as many push ups, sit ups, squats, and bicep curls in 10 minutes.)

Anatomy Spotlight: Bones of the Feet

- Talus- Ankle bone
- Tarsal-Foot Bones
- Metatarsals-Foot bone
- Phalanges- Toes



TK-1

Table Top Curling (Sync)

<https://youtu.be/azbBvXg3etw>

- Students will be able to develop a strategy to accurately move an object to a designated target.
- Students will need to slide an object to across a table and try to make it land in a cup.
- Students will try to score as many points as possible in this fun DIY pe game.
- CCSS: TK-K: 5.2/ 1st Grade: 5.1

https://youtu.be/1_D9BWkL0Yg

Stampede (Async)

- Students will be able to change directions quickly in this lesson.
- Students will focus on trying to avoid a defender.
- Students will need to try and maneuver and pop a defenders balloon/zip lock bag..
- CCSS: TK-K: 1.3/ 1st Grade: 1.5

Table Top Curling Items needed

- Small ball/ping pong ball/paper ball
- Cup

2-5

<https://youtu.be/XSYGlqxSkNI>

Flappy Bottle (Sync)

- Students will be able to toss an object to a designated area.
- Students will develop a strategy to accurately toss a sock to a target launching the item into the air.
- Students will need to catch the launched item in midair or to a designated target.
- Students will have 1 minute to try and score as many points as possible or complete the task.
- CCSS: 2nd Grade: 1.9 / 3rd Grade: 1.7 / 4th Grade: 1.9 / 5th Grade: 5.2

Duck Hunt (Async)

<https://youtu.be/nqghv0jZTU8>

- Students will be able to throw overhand or underhand in this fun diy pe game.
- Students will need to throw sock balls at moving targets.
- Students will develop a strategy to accurately throw sock balls at moving targets.
- Each “Duck” will be worth a different point value.
- CCSS: 2nd Grade: 1.8/ 3rd Grade: 1.9/ 4th Grade: 1.7 / 5th Grade: 1.6

Flappy Bottle Items needed:

- Empty water bottle/paper ball
- Spatula/book/white board
- Towel/t-shirt
- Bucket/basket/box



Assignments

TK-1

Submit a video or picture of you participating in the game Stampede.

2-5

Create and submit a picture of the duck you used in the DIY PE Game Duck Hunt.

Have a great day!

