

Physical Education

Week

Word of the Week

HIIT

Definition:

High Intensity Interval Training

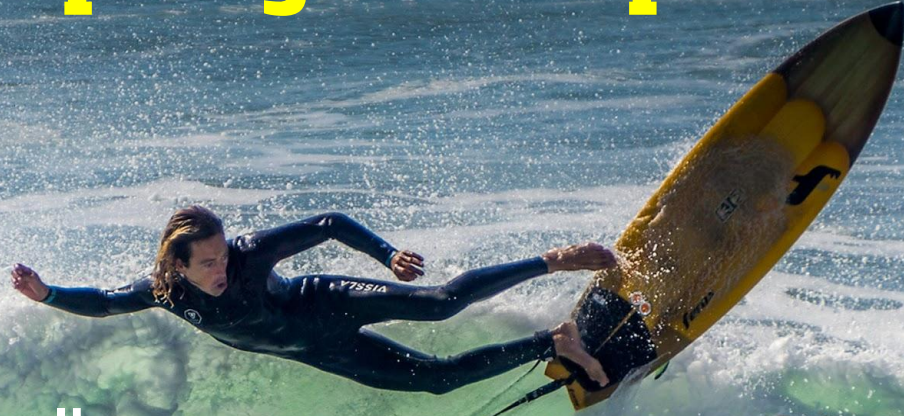
Examples:

Physical training of the body that consist of short periods of intense exercise & short periods of rest.

Fast 5 Workouts 30 seconds of exercise, 1 min rest, repeat exercises.



Anatomy Spotlight: Biceps



- Bends at the elbow.
- Is responsible for flexion of the elbow.
- Exercises that work out the biceps: Push ups, planks, bicep curls, and burpees.

TK-1

Overhead Madness (Sync)

<https://youtu.be/u-bZmGYZmmg>

- Students will focus on cardiovascular endurance, overhead passing, accuracy, and strategy skills.
- Students will need to accurately throw an object overhead and try to make it land in a stationary target.
- Students will need to side slide to a cone and toss their sock ball into a basket.
- CCSS: TK-K: 3.1/ 1st Grade: 1.11

<https://youtu.be/eONbf8mMILA>

Hungry Hungry Hippos (Async)

- Students will be able to throw (frisbee) and collect items.
- Students will focus on throwing, accuracy, and strategy skills.
- Students will need to toss an object and collect items from different distances.
- CCSS: TK-K: 3.1/ 1st Grade: 5.1

Overhead Madness Items needed

- Sock ball/ball
- Basket/box/bucket
- Cones/markers/shoes

2-5

<https://youtu.be/a3uJQvcpuPU>

Punt Away (Sync)

- Students will be able kick an object to a designated area.
- Students will develop kicking, accuracy, and strategy skills to kick a sock ball to a stationary target.
- Students will need to kick a sock ball and try to make it land on a towel or in a basket for points.
- Students will have 1 minute to try and score as many points as possible or complete the task.
- CCSS: 2nd Grade: 5.5/ 3rd Grade: 5.5/ 4th Grade: 1.12/ 5th Grade: 1.8

Battleship (Async)

<https://youtu.be/BCn9Mx8fta8>

- Students will be able to throw overhand or underhand in this fun diy pe game.
- Students will need to toss a sock ball over a barrier and try to make in land in multiple stationary targets.
- Students will develop a strategy to accurately toss a sock ball and “sink” land the object in their opponents bowls.
- CCSS: 2nd Grade: 1.8/ 3rd Grade: 1.10/ 4th Grade: 1.7/ 5th Grade: 1.6

Punt Away Items needed:

- Sock ball (2) socks
- Basket/box/bucket
- Cone/stuffed animal/shoe
- Towel/t-shirt/scarf

Optional Assignments

TK-1

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

2-5

Take a picture of you participating in the DIY PE Game Battleship.

Have a great day!

