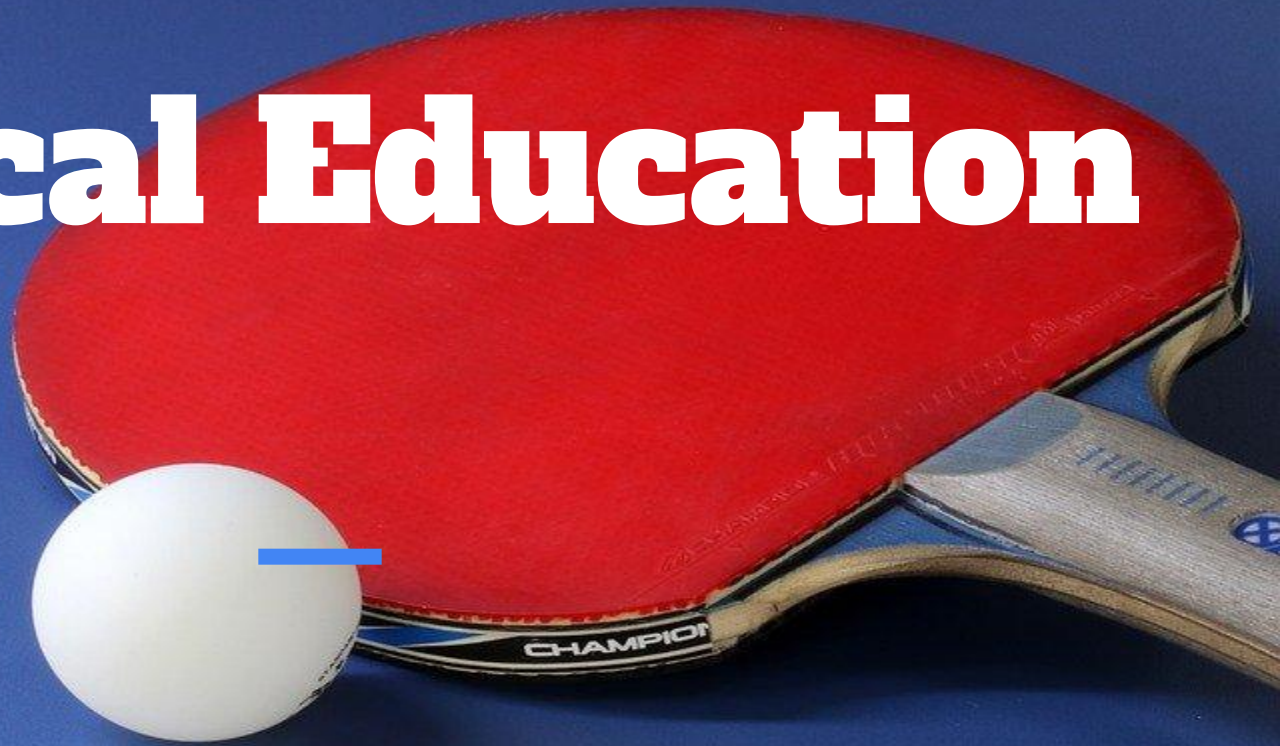


Physical Education



Week

Word of the Week #

WOD

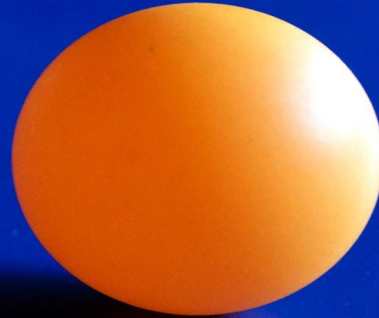
Definition:

Workout Of the Day

Examples:

Most commonly used in crossfit or gyms.

This is used to let the individual know what exercises they will be doing for that particular day.



Anatomy Spotlight: Spinal Cord

- The bundle of nerves that connects the brain to the backbone.
- Is responsible for carrying information to and from the brain.
- Is part of the central nervous system.

TK-1

Hat Potato (Sync)

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

- Students will focus on hand eye coordination, catching, accuracy, and strategy skills.
- Students will need to strike a hat upwards and pop and catch an objects using a hat.
- Students will need to balance, catch, and move in this fun DIY PE game.
- CCSS: TK-K: 3.1/ 1st Grade: 1.11

<https://docs.google.com/presentation/d/1vyJY688BI6TpIQaOV4Qas65UJS6TpmR546lAXe-q4YU/edit?usp=sharing>

Beyblade Burst Turbo Workout (Async)

- Students will perform a variety of exercise movements.
- Students will perform exercise movements in order to level up their beyblades.
- Students will have challenge themselves to beat all the other bladers in the competition.
- CCSS: TK-K: 3.1/ 1st Grade: 5.1

Hat Potato Items needed

- Sock ball/ball/paper ball
- Hat
- Cones/markers

2-5

<https://youtu.be/a3uJQvcpuPU>

Fish Bowl (Sync)

- Students will be able to pop and catch an object using a paper ball and cup.
- Students will develop hand eye coordination, accuracy, and strategy skill to launch and catch an object using a cup.
- Students will need to launch an object and make it land in a designated target.
- 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

Hot Shots (Async)

<https://youtu.be/BCn9Mx8fta8>

- Students will be able to strike an object using a hand or object..
- Students will need strike an object and hit a target consecutively.
- Students will develop hand eye coordination, accuracy, and strategy skills.
- CCSS: 2nd Grade: 1.8/ 3rd Grade: 1.10/ 4th Grade: 1.7/ 5th Grade: 1.6

Fish Bowl Items needed:

- Plastic Cup
- Paper Ball
- Basket

Optional Assignments



TK-1

Submit a video or picture of you participating in the Beyblade Burst Turbo workout.

2-5

Take a picture of you participating in hot shots.

Have a great day!

