

# Physical Education



Week



# Word of the Week #

## Muscular Endurance

### Definition:

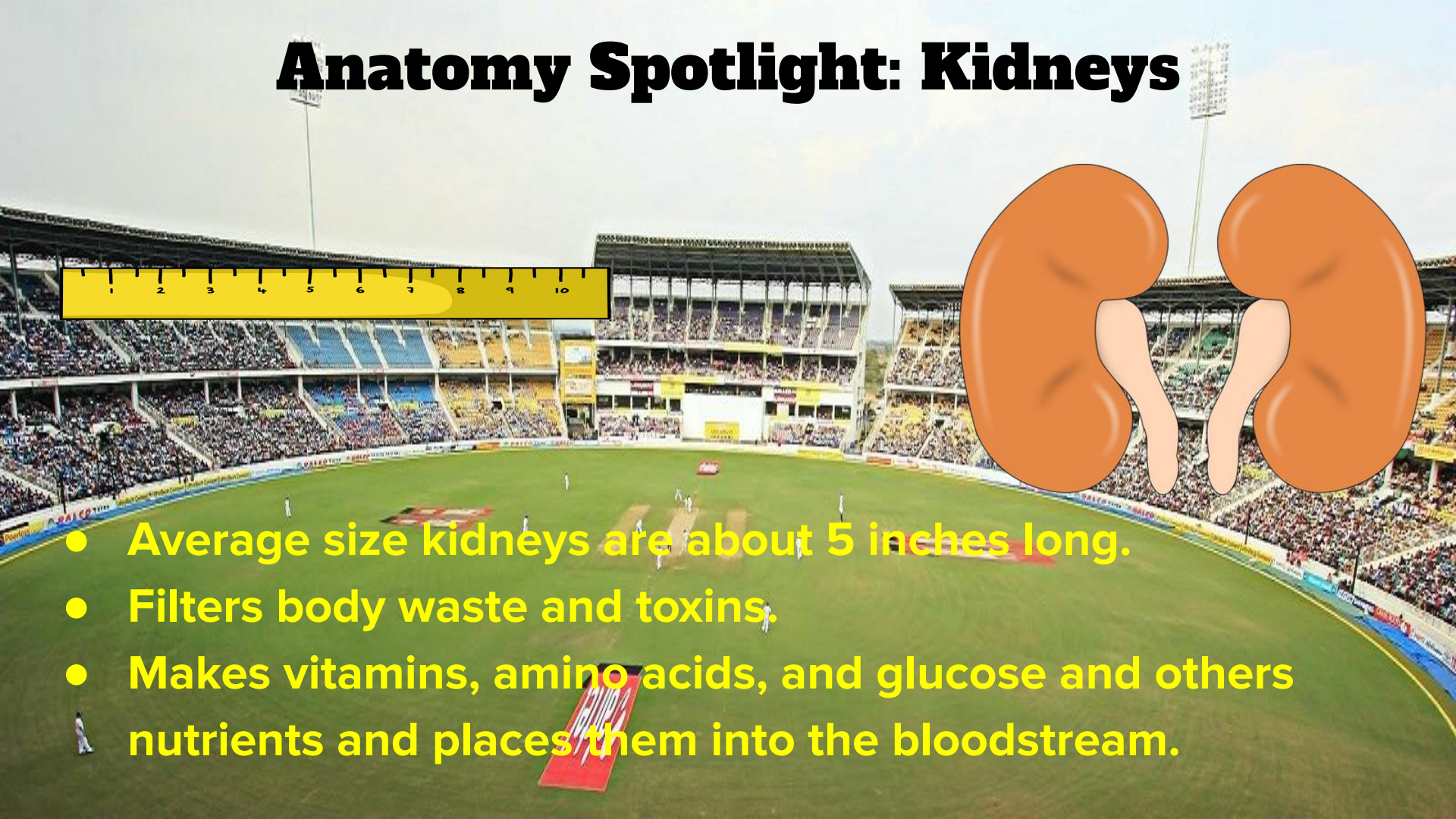
The ability of a muscle to exert force repeatedly against resistance. How many reps can you perform of an exercise without stopping?

### Examples:

Running, cycling, swimming, and circuit training.



# Anatomy Spotlight: Kidneys



- Average size kidneys are about 5 inches long.
- Filters body waste and toxins.
- Makes vitamins, amino acids, and glucose and others nutrients and places them into the bloodstream.

# **TK-1**

## **Sock-er (Sync)**

<https://youtu.be/GSa5-vcQFMk>

- Students will focus on kicking, accuracy, and strategy skills.
- Students will need to kick a sock ball into a stationary target from different angles.
- Students will score points from various distances and angles.
- CCSS: TK-K: 1.14/ 1st Grade: 1.17

## **The Rabbit Hole (Async)**

<https://youtu.be/fF5Q6ND6Eac>

- Students will perform a variety of exercise movements.
- Students will focus on their jumping, squatting, and cardiovascular endurance for this fun DIY activity.
- Students will need to avoid the carrots and eggs that are moving towards them.
- CCSS: TK-K: 1.10/ 1st Grade: 1.4

# **Sock-er Items needed**

- Sock ball/ball
- Cones/markers
- Box/Laundry basket

## **2-5**

<https://youtu.be/5gxsG0Dnud0>

### **Hat-ky Sack (Sync)**

- Students will be able to kick and catch an object using their hands and objects.
- Students will develop hand eye coordination, kicking, accuracy, and strategy skill.
- Students will kick a paper ball upwards catch it with their hands and a hat.
- Students will have 1 minute to try and score as many points as possible or complete the task.
- CCSS: 2nd Grade: 5.7/ 3rd Grade: 1.11/ 4th Grade: 1.11/ 5th Grade: 1.8

### **Egg-ercise (Async)**

[https://docs.google.com/presentation/d/1qAeb\\_hECSDO3RiTOsW\\_Q84-Cemr4HcWC\\_NlqXn\\_QCKlcA/edit?usp=sharing](https://docs.google.com/presentation/d/1qAeb_hECSDO3RiTOsW_Q84-Cemr4HcWC_NlqXn_QCKlcA/edit?usp=sharing)

- Students will be able to demonstrate a variety of exercise movements.
- Students will choose an egg and perform the egg-ercise for that egg selected.
- Students will do their best to collect all eggs in this fun activity.
- CCSS: 2nd Grade: 3.1/ 3rd Grade: 3.1/ 4th Grade: 3.1/ 5th Grade: 5.1



# **Hat-ky Sack Items needed:**

- Paper ball
- Hat
- Basket/box/bucket

Check in here:

[\\*https://docs.google.com/presentation/d/1s18\\_mi4oA3YbJ8HSCckqG6Gs2z3ho8qNW4Rg0V6aleg/edit?usp=sharing](https://docs.google.com/presentation/d/1s18_mi4oA3YbJ8HSCckqG6Gs2z3ho8qNW4Rg0V6aleg/edit?usp=sharing)

# Assignments



**TK-1**

Submit a video or picture of you participating in the rabbit hole.

**2-5**

Complete the google form assignment here:

<https://forms.gle/aPXuTRcGNtbTGLxi6>



**Have a great day!**

