



# Physical Education

## Week

# Word of the Week #

## Flexibility

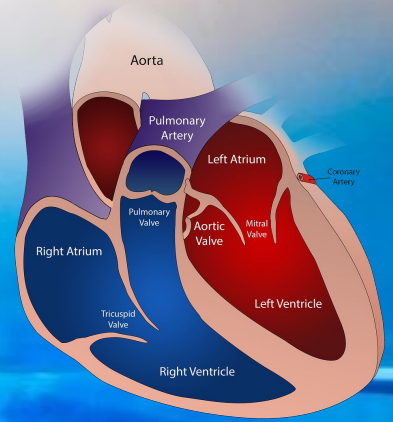
### Definition:

The range of movement possible at the joint. It allows performers to reach, stretch, and move joints.

### Examples:

Stretching, yoga, tai chi, and pilates.

# Anatomy Spotlight: Cardiovascular System



- Circulates oxygen and removes carbon dioxide.
- Gives cells nutrients.
- Protects the bodies against diseases.
- Removes waste from the body.

## **TK-1**

### **Jump Around (Sync)**

<https://youtu.be/AQshkoqdEZc>

- Students will focus on their jumping skills.
- Students will need to jump forward and back and side to side.
- Students will learn the basic movements for jumping over a stationary rope.
- CCSS: TK-K: 1.11/ 1st Grade: 1.9

### **Track & Field 400 (Async)**

<https://youtu.be/tieZJr4rcL0>

- Students will demonstrate an understanding of the differences between walking, jogging and running
- Students will focus on their jumping, directional cues, and reaction time.
- Students will participate willingly in a fun track & field activity.
- CCSS: TK-K: 3.1/ 1st Grade: 3.1

# **Jump Around Items needed**

- Towel/Jump rope/pillow case

## **2-5**

[https://youtu.be/N\\_mV-BUKvYY](https://youtu.be/N_mV-BUKvYY)

# **Chinese Jump Rope (Sync)**

- Students will be able to jump over a stationary chinese jump rope.
- Students will practice a jumping routine.
- Students will create their own jumping routine for a chinese jump rope.
- CCSS: 2nd Grade: 5.2/ 3rd Grade: 4.1/ 4th Grade: 3.7/ 5th Grade: 3.1

# **Track & Field Hurdles (Async)**

[https://youtu.be/5Tlz\\_pfmxxg](https://youtu.be/5Tlz_pfmxxg)

- Students will be able to jump over a hurdle.
- Students will jump over multiple hurdles while maintaining a run in place motion.
- Students will do their best to jump over using proper form while participating in this fun virtual activity.
- CCSS: 2nd Grade: 3.1/ 3rd Grade: 5.1 4th Grade: 5.3/ 5th Grade: 4.14

# Chinese Jump Rope Items needed:

- Jump ropes (2)
- Pillow cases (2)
- Grocery bags (2)
- Pieces of paper (2)

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 400 Meter Run.

## 2-5

Complete the google form assignment here:

<https://forms.gle/oTY2w45d7kQYXnrP6>

**Have a great day!**

