



Physical Education

Week

Word of the Week #

Body Composition

Definition:

The amount of fat, bone, water, and muscle in the body.

There are 3 common body types:

Ectomorph- Long and lean with little body fat.

Mesomorph- Are athletic, long, and strong.

Endomorph- Lots of body fat, lots of muscle, and gain weight easily

Source:https://www.uh.edu/fitness/comm_educators/3_somatotypesNEW.htm



Anatomy Spotlight: Respiratory System

- **Organs and tissues that help you breathe.**
- **Includes airways, lungs, and blood vessels.**
- **Moves oxygen throughout the body, and cleans out waste such as carbon dioxide.**



TK-1

DIY Cornhole (Sync)

<https://youtu.be/L3DATpOrDIg>

- Students will focus on their underhand tossing.
- Students will need to toss a sock ball and try to make it land on a stationary target.
- Students will focus on underhand tossing, accuracy, and strategy skills.
- CCSS: TK-K: 5.2/ 1st Grade: 1.10

Track & Field Shot Put (Async)

<https://youtu.be/n8Z5lx7keXk>

- Students will demonstrate how to throw an object using a shot put technique.
- Students will focus on throwing for distance.
- Students will develop a strategy and technique to throw an object for longer distances each attempt.
- CCSS: TK-K: 5.2/ 1st Grade: 1.11

DIY Cornhole Items needed

- Papers
- Sock balls (2-3)

2-5

<https://youtu.be/sxlotlv3Cvs>

Plank Kingpin (Sync)

- Students will be able to roll an object and knock down stationary objects.
- Students will maintain a plank position while knocking down items.
- Students will focus on rolling, accuracy, and strategy skills.
- CCSS: 2nd Grade: 5.2/ 3rd Grade:1.8 / 4th Grade: 4.12/ 5th Grade: 5.1

Track & Field Discus (Async)

<https://youtu.be/LdUlotka0Vw>

- Students will be able to throw an object using a discus motion.
- Students will focus on throwing an object for distance.
- Students will focus on throwing(frisbee) and strategy.
- CCSS: 2nd Grade: 1.8/ 3rd Grade: 5.2/ 4th Grade: 1.8/ 5th Grade: 1.5

Plank Kingpin Items needed:

- Empty Water bottles/plastic cups
- Sock ball

Check in here:

https://docs.google.com/presentation/d/1s18_mi4oA3YbJ8HSCckqG6Gs2z3ho8qNW4Rg0V6aleg/edit?usp=sharing

Optional Assignments



TK-1

Submit a video or picture of you participating in the shot put throw.

2-5

Submit a video or picture of you participating in the discus throw.



Have a great day!