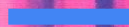


Physical Education

The background of the slide is a photograph of red stage curtains. The curtains are drawn back in the center, revealing a blue-lit stage floor. The lighting is dramatic, with the red of the curtains and the blue of the stage floor.

Week #



Word of the Week #

EMOM

Definition:

Every minute on the minute.

Examples:

Complete a specific exercise within 1 minute & if you finish early you rest and get ready for the next exercise.

Anatomy Spotlight: Fibula & Tibia

- Part of the Skeletal system.
- They are the bones in the lower leg.
- Tibia is referred to as the shin bone as is the longer of the two bones.
- Fibula is located in the back of the lower leg.
- Both bones carry most of body's weight.



TK-1

Zig Zag Bowling (Sync)

<https://youtu.be/vnrq8a5d8SQ>

- Students will be able to demonstrate movement patterns..
- Students will need to zig zag through cones while performing a locomotor movement.
- Students will need to zig zag through cones and try to knock down the 4 levels of water bottles.
- CCSS: TK-K: 1.10/ 1st Grade: 5.1

Pot of Gold (Async)

<https://youtu.be/X9LvlpJRhgM>

- Students will be able to participate in a fun virtual lesson.
- Students will focus on performing various exercises.
- Students will need to run and collect gold from a pot and run back to a cone.
- If the leprechaun(s) choose your cone you will need to put the gold back.
- CCSS: TK-K: 5.2/ 1st Grade: 1.5

Zig Zag Bowling Items needed

- Sock ball/ball
- Water bottle
- Cone/markers (4)

2-5

<https://youtu.be/8kLN79hIJqk>

Lucky Strike (Sync)

- Students will be able to kick an object to a designated area.
- Students will develop a strategy to accurately kick a sock ball off their shoes using their dominant and non dominant foot.
- Students will have 1 minute to try and score as many points as possible.
- CCSS: 2nd Grade: 1.11 / 3rd Grade: 1.11 / 4th Grade: 1.11 / 5th Grade: 1.8

DIY Skip It (Async)

<https://youtu.be/LLwX3PSsgWw>

- Students will be able to focus on memorization skills and patterns.
- Students will need to recall verbal information and perform the pattern.
- Students will learn improve their listening skills.
- CCSS: 2nd Grade: 1.16/ 3rd Grade: 5.1/ 4th Grade: 5.3 / 5th Grade: 4.5

Lucky Strike Items needed:

- Water bottle/plastic cup/stuffed animal
- Basket/bucket/pot
- Sock Ball/ball/bean bag

Assignments

A man in a blue and red traditional costume is captured mid-air, performing a high jump. He is wearing a blue vest with gold patterns over a white long-sleeved shirt and red pants. In the background, a group of performers in pink and red costumes are on the ground, and a band in blue and gold uniforms is visible. A banner on the left reads "KHAAN QUEST".

TK-1

Submit a video or picture of you participating in Pot of Gold activity.

2-5

Create your own skips its and submit a picture of your created skip it.



Have a great day!