



# Physical Education

Week



# **Word of the Week #**

## **Muscular Strength**

### **Definition:**

The amount of force you can put out in or the amount of weight you can lift.

Ex: Lifting weights, resistance band, heavy gardening (shoveling & digging)



# Anatomy Spotlight: Spine

- Part of the Skeletal system.
- Is the body central support structure.
- It keeps our bodies upright and connects to our head, chest, arms, and legs.



# **TK-1**

## **Cupid Shuffle (Sync)**

<https://youtu.be/CeCtQAe1HNU>

- Students will be able to demonstrate movement patterns. .
- Students will perform locomotor movements to a simple 8 counts.
- Students will learn how to dance to the cupid shuffle song.
- CCSS: TK-K: 1.16/ 1st Grade: 1.22

## **Heart of Gold (Async)**

<https://youtu.be/r7ZFcYOldts>

- Students will be able to participate in a fun virtual lesson.
- Students will focus on reflexes, agility, and strategy skills.
- Students will need to collect gold hearts in a fun virtual lesson.
- CCSS: TK-K: 1.2 / 1st Grade: 2.1

# Cupid Shuffle Items needed

- None

## **2-5**

<https://youtu.be/FOVXgoBDTvg>

### **Cupid's Arrow Knockout (Sync)**

- Students will be able to kick an object to a designated area.
- Students will develop a strategy to accurately kick a sock ball and knock down stationary targets.
- Students will have 1 minute to try and knockdown cupid's arrows.
- CCSS: 2nd Grade: 1.15 / 3rd Grade: 1.11 / 4th Grade: 1.10 / 5th Grade: 1.9

### **How to Line Dance (Async)**

<https://youtu.be/sl8xCrolfDs>

- Students will be able to rhythmic sequences and simple dance routines.
- Students will learn how to line dance using basic line dance steps.
- Students will learn how to grapevine to a fun country song.
- CCSS: 2nd Grade: 1.18 / 3rd Grade: 2.6 / 4th Grade: 1.22 / 5th Grade: 1.18

## **Cupid Arrow Knockout Items needed:**

- Water bottle(s)
- Sock Ball/ Ball
- 3 Cones (markers)



# Assignments

TK-1

**Submit a video or picture of you participating in Heart of Gold.**

2-5

**Create your own dance routine using simple movement patterns.**

**Ex: hopping, skipping, leaping, jumping, spinning, etc.**



A male athlete in a black singlet and shorts is captured mid-air, performing a discus throw. He is holding a green discus in his right hand, and his body is arched back. The scene is set on a purple running track with white lane markings, leading towards a sandy landing area. In the background, there are green grass fields, a multi-story brick building, and stadium seating under a bright blue sky with scattered white clouds.

**Have a great day!**