

A 3D rendering of a bowling scene. A red bowling ball is in the foreground, slightly to the right of center. It has three finger holes and a blue horizontal line near the top. The text "Week #" is written in yellow on the front of the ball. Surrounding the ball are ten white bowling pins with red rings near their bases. The pins are scattered in various positions, some standing and some falling, suggesting a recent throw. The background is a plain, light gray surface with soft shadows cast by the ball and pins.

Physical Education

Week #

Word of the Week

Speed

Definition:

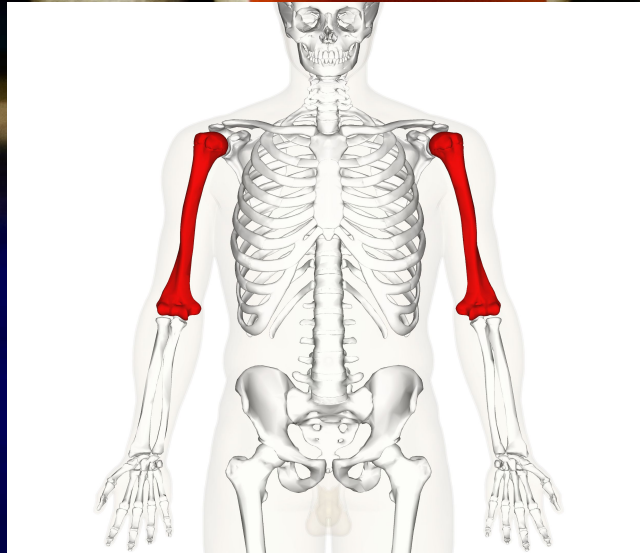
The measurement of how fast an object is moving.

Speed = Distance/Time



Anatomy Spotlight: Humerus

- Part of the Skeletal system.
- Found between your elbow and your shoulder.



TK-1

Hit, Hop, Slide (Sync)

<https://youtu.be/2a3rpxKSKaQ>

- Students will be able to demonstrate proper form & technique for throwing an object.
- Students will need to toss sock balls into stationary targets.
- Students will need to complete the task as quickly as possible.
- CCSS: TK-K: 1.12/ 1st Grade: 1.18

Out of this World (Async)

<https://youtu.be/12zFI0As5Vk>

- Students will be able to participate in a fun virtual baseball skill activity.
- Students will focus on their throwing, catching, and batting skills.
- CCSS: TK-K: 1.2 / 1st Grade: 2.1

Hit, Hope, Slide Items needed

- Balloon

2-5

Fan-Tastic (Sync)

<https://youtu.be/bZnZO7EBQII>

- Students will be able to launch (strike) an object using an implement toward a designated targets.
- Students will develop a strategy to accurately launch “birds” into a stationary targets.
- -Students will have 1 minute to try and score as many points as possible.
- CCSS: 2nd Grade: 1.8 / 3rd Grade: 1.9/ 4th Grade: 1.7 / 5th Grade: 1.4

Fitness Scrabble (Async)

<https://youtu.be/Ra9ggWgY1IY>

- Students will be able to strike an object using an implement.
- Students will develop a strategy to accurately strike an object and “rally” with a partner over a created net.
- CCSS: 2nd Grade: 5.2 / 3rd Grade: 5.5 / 4th Grade:5.3 / 5th Grade: 5.6

Fantastic Items needed:

- 3 Paper plate/Paper
- Sock Ball/Ball/Bean Bag/Paper Ball

Assignments

A background image showing a bowling ball hitting pins. The pins are white with red stripes, and the ball is red. The scene is captured in a dynamic, slightly blurred manner, suggesting motion.

TK-1

Submit a video or picture of you participating in The Sandlot.

2-5

Create your own game using a words.

A person in a blue shirt and jeans is captured in the middle of a bowling swing on a lane. The bowling alley has a modern, dark interior with vibrant, multi-colored rectangular lights projected onto the floor. In the background, several bowling lanes are visible, with pins set up at the end. A large, bold white text overlay is centered across the image. On the right wall, there is a circular logo with a blue silhouette of a person bowling and the word "KEILAHALLI" below it. The overall atmosphere is lively and contemporary.

Have a great day!