



Physical Education

Week #

Word of the Week



Heart Rate

Definition:

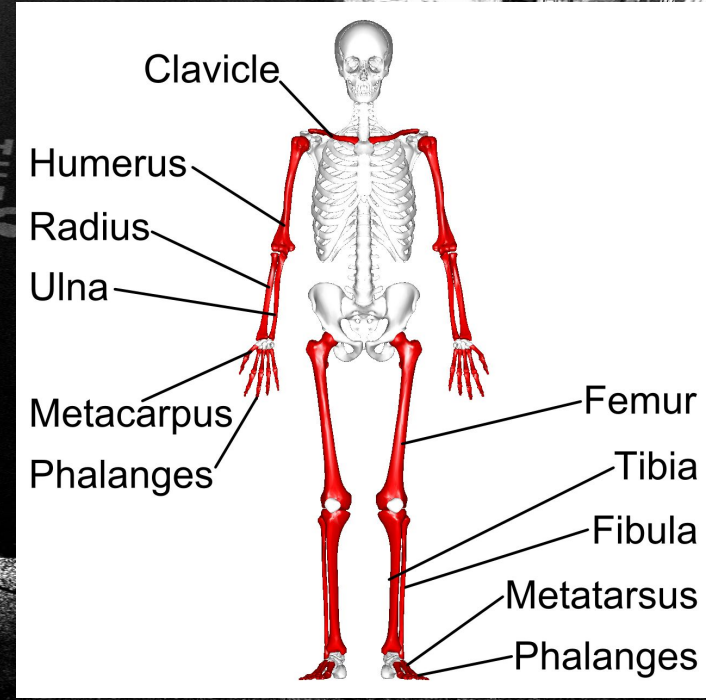
The number of beats your heart makes per minute.

How to check your heart rate:

Count your beats for 15 seconds and multiply that number by 4.

Anatomy Spotlight: Radius & Ulna

- Part of the Skeletal system.
- They are the forearm bones.
- Radius bone is on the thumb side
- Ulna bone is on the finger side



TK-1

Letter-Cise (Sync)

<https://youtu.be/WAf27maeaG4>

- Students will be able to demonstrate movement patterns.
- Students will perform demonstrate directional cues.
- Students will learn under, over, behind, next to, through, etc.
- CCSS: TK-K: 1.8/ 1st Grade: 1.2

The Wall (Async)

<https://youtu.be/nrmCvze0wZs>

- Students will be able to participate in a fun virtual lesson.
- Students will focus on performing various exercises.
- Students will need to perform the exercise that depending on where the ball lands.
- CCSS: TK-K: 3.1 / 1st Grade: 3.1

Letter-Case Items needed

- None

2-5

https://youtu.be/ytX_n6G_ZU8

Shoe Clash (Sync)

- Students will be able to kick an object to a designated area.
- Students will develop a strategy to accurately kick off a shoe from their dominant and non dominant foot.
- Students will have 1 minute to try and score as many points as possible.
- CCSS: 2nd Grade: 2.11 / 3rd Grade: 1.11 / 4th Grade: 1.11 / 5th Grade: 1.9

Memory Bank (Async)

<https://youtu.be/JpZrvF-xC54>

- 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: 5.2/ 3rd Grade: 5.5 / 4th Grade: 5.3 / 5th Grade: 5.6

Shoe Clash Items needed:

- Shoe/Slippers
- Basket/Box/Bucket

Assignments

TK-1

Submit a video or picture of you participating in PAC-City.

2-5

Create your own sequence of colors, numbers, codes for memory bank. Submit a picture on Seesaw.



Have a great day!

www.masisboxingbelts.com