



Physical Education

Week 16

Word of the Week #16

Protein

Benefits

Helps with providing the body with energy and carrying oxygen to the body.

Protein rich foods:

Quinoa, nuts, beans, tofu, eggs, fish, shrimp, chicken, and more.



Anatomy Spotlight: Patella (Kneecap)

- Part of the Skeletal system.
- Main function is it allows the leg to bend and extend.



TK-1

NBA Training Camp (Sync)

<https://youtu.be/-gx7ED4ihCk>

- Students will be able to demonstrate proper form & technique for dribbling a basketball.
- Students will need to dribble a ball using their dominant/non-dominant, and both hands.
- CCSS: TK-K: 1.15/ 1st Grade: 1.21

Let's Go for a Run (Async)

<https://youtu.be/T7mnwHgJ1vY>

- Students will be able to participate in a fun virtual run.
- Students will focus on walking, jogging, and running motions.
- Students will do their best to stay moving for the duration of the activity.
- CCSS: TK-K: 1.3 / 1st Grade: 1.5

NBA Training Camp Items needed

- Ball

2-5

The Strikeout (Sync)

<https://youtu.be/-aqe-3gLeMU>

- Students will be able to throw an object overhand at designated targets.
- Students will be need to strikedown multiple targets.
- Students will need to try to develop a strategy to accurately strike down objects.
- Students will also focus on their kicking, rolling, and throwing skills.
- CCSS: 2nd Grade: 1.8/ 3rd Grade: 1.9/ 4th Grade:1.7 / 5th Grade: 5.1

The Laundry Transfer (Async)

https://youtu.be/py_QILf53c

- Students will be able transfer objects from one area to another area.
- Students will develop muscular strength, muscular endurance, and strategy skills.
- CCSS: 2nd Grade: 3.1 / 3rd Grade: 3.7/ 4th Grade:3.4 / 5th Grade: 4.13

The Strikeout items needed:

- Paper Plate/Plastic plate/Lid Top
- Sock ball/ball/Paper Ball
- Water bottle/plastic cup



Assignments

TK-1

Submit a video or picture of your favorite area to exercise. (ex: park, gym, relatives house)

2-5

Submit a photo/video of you participating in the laundry transfer activity.

Have a great day!

