



Physical Education

Week 17.

Word of the Week #17

Calorie

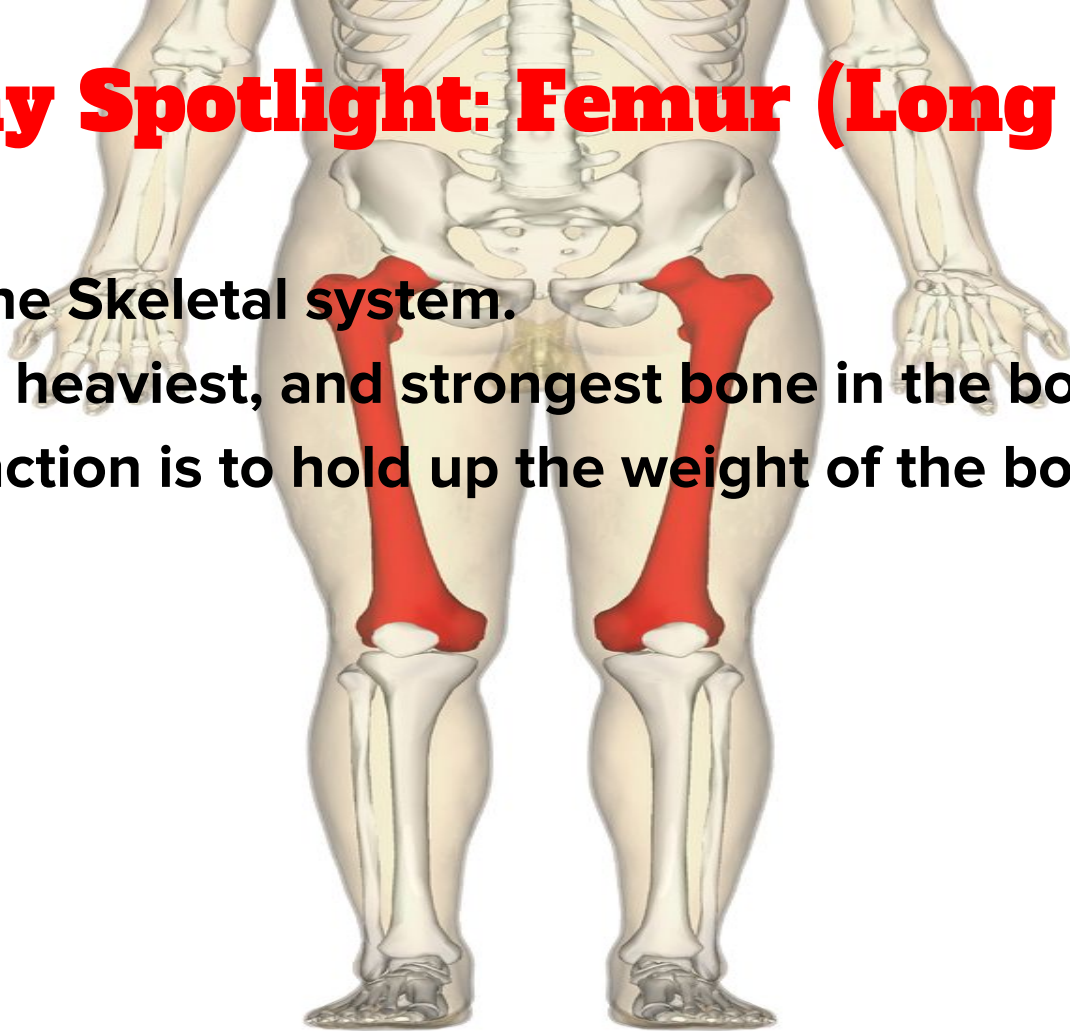
Benefits

- Releases energy to the body through the food you eat.
- More calories= More energy
- If you consume too many calories your body stores them and as body fat.



Anatomy Spotlight: Femur (Long bone Leg)

- Part of the Skeletal system.
- Longest, heaviest, and strongest bone in the body.
- Main function is to hold up the weight of the body.



TK-1

Scoop Ball (Sync)

<https://youtu.be/4q6YYpIJWIY>

- Students will be able to participate in a fun DIY PE activity.
- Students will develop hand eye coordination, accuracy, and strategy skills.
- Students will perform multiple task to bounce, toss, and throw an object to a specific target.
- CCSS: TK-K: 1.13 / 1st Grade: 1.14

Shape Dash (Async)

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

- Students will be able to participate in a fun DIY PE activity.
- Students will develop cardiovascular endurance, memory, and strategy skills.
- Students will do their best to run and flip over 2 memory cards and look for matches.
- CCSS: TK-K: 3.1 / 1st Grade: 3.1

Scoop Ball Items needed

- Sock Ball/Paper ball
- Cup

2-5

Stickman (Sync)

<https://youtu.be/WanC-SxAAE0>

- Students will be able to throw an object underhand/overhand at designated targets.
- Students will be need throw an object and hit a specific target.
- Students will need to try to develop a strategy to accurately hit stationary targets.
- CCSS: 2nd Grade: 1.8/ 3rd Grade: 1.9/ 4th Grade: 1.7 / 5th Grade: 1.6

Mario Kart (Async)

<https://youtu.be/USSWMZdL5p0>

- Students will be able fan an object in a miniature race track.
- Students will develop a strategy to fan an object around a created track.
- CCSS: 2nd Grade: 3.1 / 3rd Grade: 5.2/ 4th Grade:5.3/ 5th Grade: 3.7

Stick Man items needed:

- 6 Paper/ Paper Plate (Colored if possible)
- Sock ball/ball/Paper Ball

The background of the slide is a photograph of several hockey sticks lying on a white ice surface. In the upper left, the lower legs and skates of players wearing yellow and blue striped socks are visible. The hockey sticks are of various brands, including CCM and Bauer, and are arranged diagonally across the frame.

Assignments

TK-1

Submit a video or picture of you participating in shape dash.

2-5

Create your own game using a plate(paper/plastic) and paper ball.

Have a great day!

