

Physical Education



Week 18

Word of the Week #18

Force

Definition:

A push or pull of object from an interaction with another object.



Anatomy Spotlight: Phalanges

- Part of the Skeletal system.
- Are found in your fingers and Toes.



TK-1

Basket Shootout (Sync)

<https://youtu.be/paNUHQWI9eA>

- 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: 5.2/ 1st Grade: 1.10

The Sandlot (Async)

https://youtu.be/V3HBfAeDO_I

- 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: 5.2 / 1st Grade: 1.11

Basket Shootout Items needed

- 10 Paper balls
- 2 Baskets/buckets boxes

2-5

Angry Birds (Sync)

<https://youtu.be/gK8bPVAUbqY>

- 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: 5.2 / 3rd Grade: 5.1 / 4th Grade:5.3 / 5th Grade: 5.1

DIY Badminton (Async)

https://youtu.be/O_9o2dyeKiY

- 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: 1.12 / 3rd Grade: 1.12 / 4th Grade:1.13 / 5th Grade: 1.13

Angry Bird Items needed:

- Paper
- Basket/box/bucket



Assignments

TK-1

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

2-5

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

A close-up photograph of a golf club head, likely a driver, resting on a lush green grass field. A white golf ball with a dimpled texture is positioned in front of the club head. The text "Have a great day!" is overlaid in a large, bold, white font across the center of the image. The letter 'u' in "great" is underlined with a blue line.

Have a great day!