

Physical Education



Week 11

Word of the Week

Vitamin A

Benefits

Vision, immune system, heart, lungs, and kidneys.

Vitamin A rich foods:

Liver, fish, carrots, broccoli, cantaloupe, squash, and more..



TK-1

Chutes & Ladders

<https://youtu.be/AGdbXaqIQ58>

- Students will focus on their throwing, accuracy, and strategy skills.
- Students will need to develop a strategy to accurately toss an object to a designated area.
- CCSS: TK-K: 3.1 1st Grade: 1.10

Mr. Garcia's Music Playlist

<https://youtu.be/EMLDaizw0hk>

- Students will focus on rhythms, steps, cardiovascular endurance.
- Will have fun while following along to fun songs.
- Students will move to 5 different songs on my playlist.
- CCSS: TK-K: 1.16/ 1st Grade: 1.22

Chutes & Ladders Items needed

- Baskets/buckets/bowls (3)
- Sock Ball/paper ball/tape ball/ball

2-5

Ping Pong Basketball

<https://youtu.be/ZHbx3115Krs>

- Students will focus on their striking, accuracy, and strategy skills.
- Students will focus on striking a ping pong ball/paper ball to a designated target.
- Students will focus on teamwork to accurately strike an object to a stationary target.
- CCSS: 2nd Grade: 1.12 / 3rd Grade: 1.12 / 4th Grade: 1.13/ 5th Grade:1.10

Laundry Transfer

https://youtu.be/py__QILf53c

- Students will focus on their muscular strength, muscular endurance, and strategy skills.
- Students will need to transfer items from one area to another area while maintaining a push up and forearm plank position.
- CCSS: 2nd Grade: 3.1/ 3rd Grade: 3.7/ 4th Grade: 3.7/ 5th Grade: 3.7

Ping Pong Basketball Items needed:

- Paper ball/ping pong balls/sock ball
- Whiteboard/book/clipboard/paper plate
- Bucket/box/bowl/hat

Assignments

TK-1

Create your own dance movements to your favorite song.
Post a video on Seesaw.

2-5

Create your own game while maintaining a plank position.
Post a photo or video on Seesaw.





Have a great day!