

**ACTIVE HOME PHYSICAL EDUCATION: LOCOMOTOR AND MANIPULATIVES K-2**

Complete the activity with a family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	I can be actively engaged at home for 60 minutes every day.	I can control a ball in safely different ways.	I continue to show effort when I'm active at home.	I can control a ball with different amounts of force.	I can explain how my body will move in relationship to a ball.
<b>Today's Vocabulary</b>	<b>ACTIVELY ENGAGE</b> To participate in an activity with genuine interest and a desire for excellence.	<b>DIRECTION</b> One of the ways the body can move in space (e.g. forward, backward, right, left, up, down, clockwise, counterclockwise).	<b>EFFORT</b> (movement concept) How the body moves and uses time, force and flow.	<b>MANIPULATIVE SKILL</b> A movement done to or with objects such as throwing, striking, and catching.	<b>RELATIONSHIP</b> In physical education, this refers to how two objects or people are associated with one another (e.g. above/below).
<b>Warm-Up Activity</b>	<a href="#">Get Up</a> (GoNoodle)	<a href="#">Turn Up The Bass</a> (GoNoodle)	<a href="#">Get Up</a> (GoNoodle)	<a href="#">Turn Up the Bass</a> (GoNoodle)	You choose your favorite warm-up!
<b>Learning Focus Activity</b>	<b>Activity 1:</b> Hand Skill Challenges P1: <a href="#">Locomotor and Manipulatives Card</a> Can you do each skill 10x with a ball or sock ball.	<b>Activity 2:</b> Hand Skill Challenges P2: <a href="#">Locomotor and Manipulatives Card</a> Can you do each skill 10x with a ball or sock ball.	<b>Activity 3:</b> Hand Skill Challenges P1: <a href="#">Locomotor and Manipulatives Card</a> Can you do each skill 15x with a ball or sock ball.	<b>Activity 4:</b> Hand Skill Challenges P2: <a href="#">Locomotor and Manipulatives Card</a> Can you do each skill 15x with a ball or sock ball.	<b>Activity 5:</b> Hand Skill Challenges All: <a href="#">Locomotor and Manipulatives Card</a> Can you do each skill 10x with a ball or sock ball.
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Mindfulness</b>	<a href="#">Strengthen Focus</a> (GoNoodle)	<a href="#">Relieve Anxiety</a> (GoNoodle)	<a href="#">Strengthen Focus</a> (GoNoodle)	<a href="#">Relieve Anxiety</a> (GoNoodle)	<a href="#">Strengthen Focus</a> (GoNoodle)
<b>Did I log my total activity time?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>
<b>How am I feeling today?</b>					

## ACTIVITY CARD

# HAND SKILLS

Activity Name	Description	Outcome Focus
<b>PART 1</b>		
Toss and Try	<p>With ball in personal space:</p> <ul style="list-style-type: none"> <li>• Bounce the ball and catch it.</li> <li>• Toss the ball up and catch it.</li> <li>• Toss the ball up, clap and catch it.</li> <li>• Toss and catch with the right hand only.</li> <li>• Toss and catch with the left hand only.</li> <li>• Toss from hand to hand.</li> </ul>	Catches a soft object/ball from a self-toss.
Sorta Sporty	<ul style="list-style-type: none"> <li>• Dribble with hands and then feet, moving in different pathways.</li> <li>• Shoot like a basketball so it arcs and lands right in front of your feet.</li> <li>• Bowl (roll) the ball against the wall.</li> <li>• Toss against the wall and catch on a bounce off the floor; without a bounce.</li> <li>• Kick against the wall so it bounces straight back to you.</li> </ul>	Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects
Rolling Around	<p>Standing, roll the ball around your body:</p> <ul style="list-style-type: none"> <li>• In a circle, clockwise around both feet together; counterclockwise.</li> <li>• Back and forth in front of the body; behind the body.</li> <li>• In a circle around 1 leg and then the other.</li> </ul> <p>On the floor:</p> <ul style="list-style-type: none"> <li>• In plank position, back and forth from hand-to-hand.</li> <li>• In sit-up position, between feet and then up overhead.</li> </ul>	Transfers Weight, Changes Directions and Understands Relationships with Objects
<b>PART 2</b>		
Partner Passes	<p>With a partner:</p> <ul style="list-style-type: none"> <li>• Roll the ball back and forth.</li> <li>• Bounce the ball to each other. Try light and strong bounces.</li> <li>• Toss and catch with an underhand throw.</li> <li>• Toss the ball high and jump to make a catch.</li> <li>• Toss the ball low and bend to make a catch.</li> </ul>	Throws Underhand Using a Mature Pattern, Catches a Well-Thrown Ball with Hands, Works with Others
Double Trouble	<p>With a partner, each partner with a ball:</p> <ul style="list-style-type: none"> <li>• Roll the balls at the same time so they crash into one another.</li> <li>• Roll the balls at the same time so they pass each other and make it to the opposite side.</li> <li>• One partner bounce passes, the other tosses across.</li> <li>• Mirror: One partner moves the ball in personal space while the other mirrors the movements.</li> <li>• Follow the leader: With one partner in front and the other in back, the front partner will move through the activity area performing ball "tricks" while the other follows and copies the movements.</li> </ul>	Differentiates Between Self and General Space, Works with Others



# Physical Education

## ACTIVITY LOG

### 2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.  
Have an adult sign their initials next to each day that you complete 30 minutes.

#### Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
<b>Sample Day</b>	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>60 minutes</i>
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

#### Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				