

PHYSICAL EDUCATION

KINDERGARTEN THROUGH SECOND GRADE

The purpose of distance PE is to keep our students and their family moving and having fun! Our goal is to provide our students and their families with some resources to stay active and healthy from home.

Goal of the week!

This week in PE we're working on throwing. Throwing is an important skill for multiple different sports and games. Some examples of throwing games are baseball, dodgeball, football, passing in basketball, bean bag tossing, playing catch and monkey in the middle.

Throwing Tips!

- Step with opposite foot of the arm that you throw with
- Keep your eye on the target

Did you know that kids your age should be physically active for at least 1 hour everyday? Write down some examples of ways you like to be physically active outside of school.

Additional Web based Resources

- <https://pbskids.org/arthur/health/fitness/>
- <https://www.nba.com/blazers/virtualpe>

Daily Challenges!

How many of these activities can you complete a day? If you complete the activity you can check it off! Invite your family members to join you and remember to never go outside without asking an adult first!

Wednesday 4/22	Thursday 4/23	Friday 4/24	Weekend Bonus activities!	Monday 4/27	Tuesday 4/28
<input type="checkbox"/> Jump around your house for as long as you can! <input type="checkbox"/> Do 20 push ups! <input type="checkbox"/> go outside and garden or pull weeds	<input type="checkbox"/> March up and down your side walk twice <input type="checkbox"/> Pretend to be a bear and crawl as long as you can! <input type="checkbox"/> Play some music and have a dance party	<input type="checkbox"/> Jump like a frog around your house <input type="checkbox"/> Jump as far as you can, then try to beat it! <input type="checkbox"/> Replace all your soda today with water or juice!	<input type="checkbox"/> Play hide and go seek <input type="checkbox"/> go for a walk <input type="checkbox"/> Play catch using a ball, flying disk or a rolled up pair of socks! <input type="checkbox"/> Help cook dinner	<input type="checkbox"/> Run laps around your house <input type="checkbox"/> Make up a dance routine and show your family! <input type="checkbox"/> Play tag!	<input type="checkbox"/> Power walk for 5 minutes <input type="checkbox"/> Do jumping jack during the commercials if you watch TV! <input type="checkbox"/> Clean up your room