

Elementary Physical Education Department
At-Home Learning Activities April through June 2020

K-2 At-Home Learning Plan:

Essential Learning Statement: Your Physical Education teacher will provide you a variety of physical activities and games to play either inside or outside of your home, needing minimal equipment or toys to play. These activities will help our bodies to stay healthy, and our minds to stay happy! The goal is to play each suggested activity for 10 minutes per week; however, we recommend children are active and moving for extended times every day.

Additional skills and bonus activities will be included each week for children who would like to extend their movement beyond 10 minutes and continue practicing learned skills from this school year.

Week 1 (April 20 - April 24):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Body Spell

Skills: Body awareness and flexibility

How to play: Sit or lay down on the ground and use your body to spell out your name! Take one letter at a time and see if you can twist and turn your body into each letter. When you have spelled your name, try these too:

I AM SOMEBODY

I AM STRONG

I AM BRAVE

****Bonus Activity:** If you have an object and appropriate space at home, practice underhand tossing and catching!

Week 2 (April 27 - May 1):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Animal Walks

Skills: Muscular and Heart Strength and Endurance, Coordination

How to play: Think of different animals and move your body for 30 counts for each one. Crab, Seal, Alligator, Bear, Duck, Puppy Dog, Elephant, Giraffe, Horse, Eagle

****Bonus Activity:** If you have an object and appropriate space at home, practice overhand throwing and catching!

Week 3 (May 4 - May 8):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Toss and Catch

Skills: Underhand Tossing and Catching

How to play: Take a pair of socks, put them together and roll down the top of the socks to make a ball.

Try these different skills, by standing in a safe space, making sure that your toss is just a little higher than your head and your eyes are watching the ball.

- TOSS with one hand, CATCH with both hands...10 times
- TOSS with one hand, CATCH with that same hand...10 times
- TOSS with the other hand, CATCH with that same hand...10 times
- TOSS with one hand, clap one time, CATCH with both hands...10 times
- TOSS with one hand, clap two times, CATCH with both hands...10 times
- How many times can you clap before you CATCH the sock ball?

Now sit down and try these same skills.

Find something that you can use as a target...garbage can, box, bowl, bucket, laundry basket, etc. Find a safe space, put your target on the floor, stand in front of your target, and using your “favorite” hand, step with your opposite foot and underhand toss the sock ball to the target. Each time you make it, take one step back from the target.

Try tossing to a bucket that a partner is holding, your partner needs to catch the ball in the bucket.

****Bonus Activity:** If you have an object and appropriate space at home, practice hand dribbling or bouncing/catching!

Week 4 (May 11 - May 15):

Always ask an adult’s permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Alphabet Action Challenge

Skills: Strength, Cardiovascular Endurance

How to play:

- “A,B,C Push Ups”- Push up position, right hand to left shoulder = A, left hand to right shoulder=B, continue through to Z

-“Row Your Boat Push Ups”- Same as “A,B,C Push Ups” only sing “Row, Row, Your Boat” and alternate hand to shoulder reciting a word to the song for each shoulder

-“Spell Your Name Jumping Jacks”- Arms Up Leg Apart=First letter of name, Arms Down Legs Together= Second letter of name, continue

-“A,B,C Mountain Climbers”- Mountain Climber position is down on hands & feet. One foot forward-one back and switch to other foot forward-other back. Hands stay shoulder width apart. Every time switch feet recite letters of alphabet, words to songs

-“Rope Jumping”- imaginary jump rope. 25 jumps in a row, side to side over a line, scissors jumps=one forward one back.

****Bonus Activity:** If you have an object and appropriate space at home, practice rolling!

Week 5 (May 18 - May 22):

Always ask an adult’s permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Alphabet Scavenger Hunt

Skills: Locomotor Movements(Run, Skip, Gallop, Leap(1 foot to other foot), Hop(1 foot to same foot), Skip, Crawl, Jump(Land on 2 feet), Slide(Sideways).)

How to play:

1. Choose a Start/Finish Spot.

2. Gather items that start with each letter of the alphabet using a locomotor movement(listed below) of your choice! 3. Only 1 item may be taken at a time.

4. Items should be placed in order from A to Z.

5. You may skip any letter but will be given a 30 second penalty per letter skipped.

6. Your goal is to finish as fast as possible.

*You could: Time Yourself, Race a Family Member, Virtually Race a Friend(Facetime/Zoom), Partner Relay Race Another Team. *Locomotor Movements: Run, Skip, Gallop, Leap, Hop, Skip, Crawl, Jump, Slide.

**Bonus Activity: If you have an object and appropriate space at home, practice kicking and foot dribbling!

Week 6 (May 25 - May 29):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Rolling and Bowling

Skills: Rolling to a target

How to play: Take a pair of socks, put them together and roll down the top of the socks to make a ball. Find items in your house to use as targets (paper towels, pillows, milk jugs, water bottles, stuffed animals, bucket, garbage can, laundry basket) Start 3 steps from the target. Move your arm back and as you step with the opposite foot lower your knee and release the ball low to the ground. If you hit the target take a step backwards. Possibly challenge a sibling or other adult to a game.

**Bonus Activity: If you have an object and appropriate space at home, practice volleying!

Week 7 (June 1 - June 5):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Locomotor Bucket Relay

Skills: Locomotor movements (walk, run, gallop- forward facing, heel toe, jump-2 feet, hop-1 foot, skip-step, hop, slide- sideways, leap- one foot to other foot)

How to play: Provide your child with a cup and two buckets (one smaller, one larger). Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. Have your child scoop water from the larger bucket and fill the smaller one. To make the game more challenging, have your child perform the locomotor movements as they move from bucket to bucket.

**Bonus Activity: If you have an object and appropriate space at home, practice striking!

3-5 At-Home Learning Plan:

Essential Learning Statement: Your Physical Education teacher will provide you a variety of physical activities and games to play either inside or outside of your home, needing minimal equipment or toys to play. These activities will help our bodies to stay healthy, and our minds to stay happy! The goal is to play each suggested activity for 15 minutes per week; however, we recommend children are active and moving for extended times every day.

Additional skills and bonus activities will be included each week for children who would like to extend their movement beyond 15 minutes and continue practicing learned skills from this school year.

Week 1 (April 20 - April 24):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Ball Skill

Skills: Hand-eye coordination

How to play: Shoot a basketball 25 times (OR shoot a wad of paper into a wastebasket 25 times)

****Bonus Activity:** (4-5) If you have the space and/or equipment practice Track and Field Events! (Sprints, Relays, Softball Throw, Cone Toss, Standing Long Jump, Hop-Skip-Jump, Distance Run)

(3rd) If you have the space and/or equipment practice Kicking and Striking for Distance and Accuracy!

Week 2 (April 27 - May 1):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Neighborhood fitness

Skills: Fitness

How to play: Bike, rollerblade, skateboard, run, jog or walk safely around your neighborhood or house for 10 minutes.

****Bonus Activity:** (4-5) If you have the space and/or equipment practice Track and Field Events! (Sprints, Relays, Softball Throw, Cone Toss, Standing Long Jump, Hop-Skip-Jump, Distance Run)

(3rd) If you have the space and/or equipment practice Kicking and Striking for Distance and Accuracy!

Week 3 (May 4 - May 8):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Toss and Catch

Skills: Underhand Toss and Catching

How to play: Play catch! 25 catches with a ball (or item of your choice like a stuffed animal or wad up a piece of paper)

****Bonus Activity:** (4-5) If you have the space and/or equipment practice Track and Field Events! (Sprints, Relays, Softball Throw, Cone Toss, Standing Long Jump, Hop-Skip-Jump, Distance Run)

(3rd) If you have the space and/or equipment practice Kicking and Striking for Distance and Accuracy!

Week 4 (May 11 - May 15):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Room to Room Skills: Fitness

How to play: An excuse to run in the house!! Put the list on the kitchen table, and start by running to the first item on the list. You must come back to the table before moving to the next item on the list. ENJOY!

1. Bedroom - make your bed. 2. Laundry room - 20 calf raises 3. Mailbox - 20 Jumping Jacks 4. Run around your house 3 times. 5. Bathroom - wash your hands for 20 seconds (don't forget soap!) 6. Living Room - 15 squats 7. Parent - Say what you like best about them. 8. Stairs - 10 flights (up and down is ONE!)

****Bonus Activity:** (4-5) If you have the space and/or equipment practice Track and Field Events! (Sprints, Relays, Softball Throw, Cone Toss, Standing Long Jump, Hop-Skip-Jump, Distance Run)
(3rd) If you have the space and/or equipment practice Kicking and Striking for Distance and Accuracy!

Week 5 (May 18 - May 22):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Build your own obstacle course Skills: Agility, strength, balance

How to play: Find something in your house or yard to go over, under, around, roll, crawl, or zig-zag.

Bonus: Find someone to race you. Some ideas of items to include in your obstacle; sticks, rakes, snow shovels, buckets, trees, bush, shoes, hose, and toys.

****Bonus Activity:** (4-5) Try out some new ways to be active for this summer! ([Geocaching](#), [4 Square w/chalk](#), [Hiking in the Chippewa Valley](#), [Biking in the Chippewa Valley](#),)

(3rd): If you have the space and/or equipment, practice the Underhand Toss and Roll for Accuracy at a Target, Above and Below the Waist Catching with a Partner!

Week 6 (May 25 - May 29):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Create a Routine

Skills: Balance, strength, agility, coordination, flexibility

How to play: Create a gymnastics/tumbling or dance routine in a safe space inside or outside of your home. Some skills to include could be cartwheels, forward roll, backward roll, handstand, bridge, pencil roll, log roll, egg roll, etc.

****Bonus Activity:** (4-5) Try out some new ways to be active for this summer! ([Geocaching](#), [4 Square w/chalk](#), [Hiking in the Chippewa Valley](#), [Biking in the Chippewa Valley](#),)

(3rd): If you have the space and/or equipment, practice the Underhand Toss and Roll for Accuracy at a Target, Above and Below the Waist Catching with a Partner!

Week 7 (June 1 - June 5):

Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!

Activity: Exercise Challenge Skills: Fitness

How to play: Pick four exercises and repeat each one (5-10 times). Examples of exercise; jumping jacks, sit-ups, push-ups, mountain climbers, burpees, etc.

****Bonus Activity:** (4-5) Try out some new ways to be active for this summer! ([Geocaching](#), [4 Square w/chalk](#), [Hiking in the Chippewa Valley](#), [Biking in the Chippewa Valley](#),)

(3rd): If you have the space and/or equipment, practice the Underhand Toss and Roll for Accuracy at a Target, Above and Below the Waist Catching with a Partner!