

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