

CH Physical Education March 30th – April 3rd, 2020

Monday March 30 th	Tuesday March 31 st	Wednesday March 1 st	Thursday March 2 nd	Friday March 3 rd
<p><u>Warm up:</u> Watch/ dance to Freeze Dance by The Kiboomers on YouTube</p> <p><u>Activity:</u> I SEE! Parent says, “I see”, Student responds “What do you see?!”</p> <p>Parent say “I see you... jumping like kangaroo, or rolling like a log, or spinning like tornado, etc.”</p> <p>Repeat for 8 rounds</p>	<p><u>Warm up:</u> Name as many sports as you can in 30 seconds.</p> <p><u>Activity:</u> Play outside for 30 minutes</p>	<p><u>Warm up:</u> Watch/ dance to Penguin Dance by Jack Hartman on YouTube.</p> <p><u>Activity:</u> Take 15 minutes to build a fort with pillows and blankets. Take a picture inside and send to your classroom teacher (They will forward the photo to Mr. Kangas)</p>	<p><u>Warm up:</u> Name as many body parts as you can in 30 seconds</p> <p><u>Activity:</u> Play outside for 30 minutes</p>	<p><u>Warm up:</u> Watch/dance to Exercise, Rhyme and Freeze by Jack Hartman</p> <p><u>Activity:</u> Roll a die 5 times, perform the skill that corresponds for 10 seconds</p> <ul style="list-style-type: none"> 1- Jump 2- Spin 3 - Gallop 4 - March 5 - Skip 6 - Freeze

CH Physical Education April 6th- April 10th, 2020

Monday April 6 th	Tuesday April 7 th	Wednesday April 8 th	Thursday April 9 th	Friday April 10 th
<p><u>Warm up:</u> Watch/ dance to Lunch by Blazer Fresh on YouTube</p> <p><u>Activity:</u> Ball up a sock and complete the following...</p> <p>1-Circle around head, body then legs</p> <p>2- Toss as high as you can 5 times</p> <p>3- Toss just over top of head five times</p> <p>4- Toss and catch</p> <p>5- times</p> <p>Toss, clap and catch five times</p>	<p><u>Warm up:</u> Draw a picture of you playing your favorite game in PE. Send to your classroom teacher (They will forward the photo to Mr. Kangas)</p> <p><u>Activity:</u> Play outside for 30 minutes</p>	<p><u>Warm up:</u> Watch/ dance to A Very Simple Dance to Do by Sesame Street on YouTube</p> <p><u>Activity:</u> Find a piece of paper, set it on the ground and pretend it's your house. Complete the following...</p> <p>1-Jump over your house</p> <p>2- Make a forward and backward bridge over your house</p> <p>3- Gallop around your house</p> <p>4- Skip around your house</p> <p>5- MAGIC TRICK! Put the paper on your chest and run. Watch it stick to your chest.</p>	<p><u>Warm up:</u> Balance on one foot for as long as you can. Try again but this time beat your old record.</p> <p><u>Activity:</u> Play outside for 30 minutes</p>	<p><u>Warm up:</u> Watch/ dance to Usher's ABC Song by Sesame Street on YouTube</p> <p><u>Activity:</u> Parent, please ball up a sock. Today we will practice catching. Have the student start five feet away, with every successful catch they may take one step back. Play for ten minutes. Remind the student of our catching cues... Keep eyes on ball, make a triangle with pointer fingers and thumb, and catch with hands only.</p>