

E1 Physical Education March 30th – April 3rd, 2020

Monday March 30th	Tuesday March 31st	Wednesday April 1st	Thursday April 2nd	Friday April 3rd
<p><u>Warm up:</u> Watch/dance to Freeze Dance by The Kiboomers on YouTube</p> <p><u>Activity:</u> Play rock, paper scissors against a family member. Whoever loses must do five jumping jacks. Play three rounds. Afterwards, find a new family member to play. Play three more rounds.</p>	<p><u>Warm up:</u> Write down as many sports as you can think of in 60 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> Write down as many body parts as you can think of in 60 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 10 times, perform the skill that corresponds for 30 seconds</p> <ul style="list-style-type: none"> 1- Jump 2- Spin 3 - Gallop 4 - March 5 - Skip 6 - Freeze

E1 Physical Education April 6th- April 10th, 2020

Monday April 6th	Tuesday April 7th	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> Parent, please ball up a sock. Today we will practice catching. Have the student start five feet away, with every successful catch the student 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>	<p><u>Warm up:</u> Draw a picture of you playing your favorite game in PE. Afterwards write down 3 sentences explaining why it's your favorite game. Email the picture and explanation to your teacher. (they will forward the email 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> <ol style="list-style-type: none"> 1-Jump (two feet) and hop (one foot) over your house five times each. 2- Make a forward and backward bridge over your house 3- Gallop around your house 4- Skip around your house 5- MAGIC TRICK! Put the paper on your chest and run. Watch it stick to your chest. 	<p><u>Warm up:</u> Balance on one foot 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> Ball up a sock and complete the following...</p> <ol style="list-style-type: none"> 1-Circle around head, body then legs 2- Toss back and forth between hands ten times 3- Toss as high as you can 5 times 4- Toss to eye level five times 5- Toss and catch five times 6- Toss, clap and catch five times 7- Toss back and forth with a partner ten times 8- Toss the ball into a laundry basket from ten feet away

