

**E1 Physical Education April 13<sup>th</sup>-17<sup>th</sup> 2020**

Monday April 13 <sup>th</sup>	Tuesday April 14 <sup>th</sup>	Wednesday April 15 <sup>th</sup>	Thursday April 16 <sup>th</sup>	Friday April 17 <sup>th</sup>
<h1>NO SCHOOL</h1>	<p><b><u>Warm up:</u></b> Write down as many healthy foods as you can in 60 seconds.</p> <p><b><u>Activity:</u></b> Play outside for 30 minutes</p>	<p><b><u>Warm up:</u></b> Watch/ dance to a GoNoodle video of your choice</p> <p><b><u>Activity:</u></b> Use play ball or ball up a sock to complete the following with a partner: - Roll the ball back and forth. -Bounce the ball to each other. Try light and strong bounces. -Toss and catch with an underhand throw. -Toss the ball high and jump to make a catch. -Toss the ball low and bend to make a catch.</p> <p><b>*Make sure that you step with your <u>opposite foot</u> when rolling and throwing*</b></p>	<p><b><u>Warm up:</u></b> Draw a picture of your favorite activity to do outside. Write down 3 sentences explaining your drawing. Email the drawing to your classroom teacher. (They will forward it to Mr. Kangas)</p> <p><b><u>Activity:</u></b> Play outside for 30 minutes</p>	<p><b><u>Warm up:</u></b> Watch/ dance to a GoNoodle video of your choice</p> <p><b><u>Activity:</u></b> Use two play balls or ball up two socks to complete the following with a partner: -Roll the balls at the same time so they crash into one another. - Roll the balls at the same time so they pass each other and make it to the opposite side. -Mirror: One partner moves the ball in personal space while the other mirrors the movements. -Follow the leader: With one partner in front and the other in back, the front partner will move through the activity area performing ball “tricks” while the other follows and copies the movements.</p>