

E2 Physical Education April 13th-17th 2020

Monday April 13 th	Tuesday April 14 th	Wednesday April 15 th	Thursday April 16 th	Friday April 17 th
<h1>NO SCHOOL</h1>	<p><u>Warm up:</u> Write down as many types of food as you can in 60 seconds. After words sort them by the five food groups. (Grains, fruits, vegetables, dairy and proteins)</p> <p><u>Activity:</u> Play outside for 30 minutes</p>	<p><u>Warm up:</u> Watch/ dance to a GoNoodle video of your choice</p> <p><u>Activity:</u> Use play ball or ball up a sock to complete the following with a partner:</p> <ul style="list-style-type: none"> - 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. -Repeat the previous three activities but with only your right hand -Switch now to using your left hand <p>*Make sure that you step with your <u>opposite foot</u> when rolling and throwing*</p>	<p><u>Warm up:</u> Write a paragraph (5 sentences at least) about your favorite activity to do outside. Email the paragraph to your classroom teacher. (They will forward it to Mr. Kangas)</p> <p><u>Activity:</u> Play outside for 30 minutes</p>	<p><u>Warm up:</u> Watch/ dance to a GoNoodle video of your choice</p> <p><u>Activity:</u> Use two play balls or ball up two socks to complete the following with a partner:</p> <ul style="list-style-type: none"> -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.