

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