

ACTIVE HOME PHYSICAL EDUCATION: VOLLEYING AND STRIKING K-2

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I can control the force of my strikes when volleying and striking objects.	I can be accurate when striking an object toward a target.	I can control my movements while completing volleying activities in personal space.	I can apply light force while volleying with family members.	I can demonstrate the skills I've practiced throughout the week.
Today's Vocabulary	FORCE Strength or power used to move or control an object.	ACCURATE Successfully reaching an intended target.	CONTROL To manage or regulate the movement or actions of something.	LIGHT Using or applying small amounts of pressure or force.	PRACTICE To perform an activity or exercise regularly in order to improve or maintain skill.
Warm-Up Activity	Footloose (GoNoodle)	Fresh Prince (GoNoodle)	Jump (GoNoodle)	Kidz Bop Shuffle (GoNoodle)	You choose your favorite warm-up!
Learning Focus Activity	Activity 1: Volleying & Striking Keep It Up Can you keep a balloon, zip lock bag with air or sock ball in the air?	Activity 2: Volleying & Striking Bull's Eye Can you under volley balloon, zip lock bag with air or sock ball in a target (hoop or laundry bin)	Activity 3: Volleying & Striking Air Ball Can you keep a balloon, zip lock bag with air or sock ball in the air with a family member?	Activity 4: Volleying & Striking Paddle It Up Can you keep a balloon, zip lock bag with air or sock ball in the air with a paddle, magazine or book?	Activity 5: Choose Your Own Challenge Pick your favorite activity from the week.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Melting (GoNoodle)	Weather the Storm (GoNoodle)	Melting (GoNoodle)	Weather the Storm (GoNoodle)	Melting (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	  	  	  	  	  