



Week 1

Options	Option 1 Underhand Throw	Option 2 Rhythm and Dance	Option 3 Animal Walk Relay	Option 4 Fitness	Option 5 Walk and Talk
My Learning Goals	I will show an ability to use proper form when tossing an object underhand.	I will choose words and actions that communicate kindness toward others.	I will walk like many animals using my upper body and lower body together to go forward, backward and sideways.	I will express gratitude through my words and actions.	I will name and talk about my feelings. https://marathonkids.org/walkandtalk/
Today's Vocabulary	Perseverance The quality of being able to continue towards a goal even though it may be difficult.	Kindness The quality of being friendly, generous, and considerate.	Health Benefits Improvement to a person's overall well being resulting from a physical activity or food choice.	Active Lifestyle A way of life which values physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and recreation.	Feelings An emotional state or reaction.
Learning Focus Activity	Activity 1: Bottle Toss Challenge Hanger Toss Challenge	Activity 2: Gummy Bear Dance Baby Shark Dance	Activity 3: Animal Walk Relay	Activity 4: Fitness Challenge demonstration 1-minute Fitness Challenge Justice League Tabata Yoga Poses - hold for 20 seconds Rock, Paper, Scissors - Fit Style	Activity 5: Look for the Good Level 3 Walk & Talk Day 4 LOOK for the Good Walk & Talk Pages Or Choose 1 from PE @ Home Choice
Daily Movement	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Choose Kindness	Offer to Help	Send a note to a teacher saying Thank You	Help outside	Breathe when you get upset	Do a chore without being asked


Drink (color as you drink)					
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<div> Week 2  </div>					
Options	Option 1 Hand Skills	Option 2 Jump Rope	Option 3 Fitness	Option 4 Rhythm and Dance	Option 5 Juggling
My Learning Goals	I can be actively engaged at home for 60 minutes every day.	I will Jump and land with both feet even if it is a challenge, I will do my best.	I will show that I am able to do different activities that help me stay healthy.	I will express gratitude through my words and actions.	I will be able to name 3 objects from around my house that I can use to practice my juggling.
Today's Vocabulary	Actively Engaged To participate in an activity with genuine interest and a desire for excellence.	Challenge Noun Something that presents difficulty and requires effort to master or achieve.	Strength The ability for our muscles to do work while pushing, pulling, holding, or carrying.	Gratitude The quality of being thankful and being ready to show appreciation for and to return kindness.	Feelings An emotional state or reaction.
Learning Focus Activity	Activity 1: Hand Skill Challenges Hand Skills Activity Card Can you do each skill 10x with a ball or sock ball.	Activity 2: Jumptastic Fun level 1 Jumptastic Video w/Mrs. Rush Follow the Jump Card Rope our line on the Floor	Activity 3: Uno Fitness Playing Card Fitness	Activity 4: I like to Move it Move it Dance Minion Zumba	Activity 5: Juggling 1 Juggling 2
Daily Movement	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Choose Kindness	Offer to Help	Tell a family member something that makes you confident in them.	Help outside	Breathe when you get upset	Do a chore without being asked

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<div> Week 3  </div>					
Options	Option 1 Soccer dribbling	Option 2 Walk and Talk	Option 3 Balance	Option 4 Jump Rope	Option Locomotor
My Learning Goals	I will use the inside of my feet to dribble safely throughout the activity area.	I will choose words and actions that communicate kindness toward others.	I can balance in self space showing levels and directions.	I will Jump Consecutive Jumps with both feet and have balance.	.I will show that I am able to do different locomotor skills to do a task.
Today's Vocabulary	Actively engaged To participate in an activity while showing genuine interest and a desire for excellence.	Kindness The quality of being friendly, generous, and considerate.	Balance An even distribution of weight which allows someone or something to stay upright and steady.	Consecutive Adjective One after another without stopping.	Coordination The ability to control and integrate movements made by different body parts.
Learning Focus Activity	Activity 1: Magic Number Soccer Dribbling Soccer Bowling (video) Soccer Bowling (lesson)	Activity 2: You Matter Walk & Talk Day 2 Look for the Good Walk & Talk Pages https://marathonkids.org/walkandtalk/	Activity 2: Relationships Noodles Activities Can you complete each task with a pool noodle or a paper towel tube?	Activity 4: Jumptastic Fun Level 2 Jumptastic Video with the SRO's and Mrs. Rush Follow the progression Cards	Activity 5: Mountain Climbing Challenge Tower Climbing Challenge Scavenger Hunt Challenge Sock Hop Challenge
Daily Movement	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Choose Kindness	Offer to Help	Send a note to a teacher saying Thank You	Help outside	Breathe when you get upset	Do a chore without being asked

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<div> Week 4  </div>					
Options	Option 1 Rhythm and Dance	Option 2 Bean Bag Golf	Option 3 Basketball	Option 4 Walk and Talk	Option 5 Volley & Strike
My Learning Goals	I will walk & talk with a genuine interest and a desire to improve myself and others.	I will be able to underhand toss a bean bag or similar object into a designated area 9 times.	I will dribble a basketball continuously with 1 hand.	I will express gratitude through my words and actions.	I can be accurate when striking an object toward a target.
Today's Vocabulary	Actively engaged To participate in an activity while showing genuine interest and a desire for excellence.	Kindness The quality of being friendly, generous, and considerate.	Continuous Without stopping. Dribble Maneuvering a ball under the control of a single player. Basketball requires hand dribbling. Soccer requires foot dribbling. Floor hockey requires stick dribbling.	Gratitude The quality of being thankful and being ready to show appreciation for and to return kindness.	Accurate Successfully reaching an intended target.
Learning Focus Activity	Activity 1: Can't Stop the Feeling Dance Do you want to build a Snowman Dance	Activity 2: Bean Bag Golf	Activity 3: Dribbling Instruction and Challenges Bubble Breakers	Activity 4: What Makes You Grateful? Walk & Talk Day 4 LOOK for the Good Walk & Talk Pages Or Choose 1 from PE @ Home Choice https://marathonkids.org/walkandtalk/	Activity 5: <i>Volleying & Striking</i> Keep it Up Activity <i>Can you under volley balloon, zip lock bag with air or sock ball in a target (hoop or laundry bin)</i>

Daily Movement	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Choose Kindness	Offer to Help	Send a note to a teacher saying Thank You	Help outside	Breathe when you get upset	Do a chore without being asked
Drink (color as you drink)	