

Instructions/Daily Overview TK-2 Physical Education

General Instructions for Parents- [Tips for Parents](#)

Please enjoy these activities with your children as they are designed to get the family up and moving. (Please note it is recommended that all activities be performed inside and honor the social distancing guidelines from the Center for Disease Control).

Follow instructional sequence-

- a. Warm-up- Click on the link under Student Activities
- b. Daily Fitness Activity- Click on the link under Student Activities
- c. Mindfulness- Click on the link under Student Activities

Subject/Lesson Topic Physical Education	Instructions	Student Activities	Modifications
Day 1-2: <u>Lesson focus</u> I can show balance and coordination while playing at home. <u>Academic Language</u> BALANCE An even distribution of weight allowing you to stay upright and steady.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Choose three poses to perform with parents. Hold each pose for 30 sec to 60 sec.	Pop See Ko DEAM Calendar Yoga Flash Cards	Music Pop See Ko • Model movements • Slow down movements and simplify pattern • Focus on upper body or lower body movement • Modify body positions DEAM Calendar • Model skills (Jump/March) • Partner assist • Chair for support • Reward Effort Yoga Flash Cards • Model pose • Reward Effort • Adapted Kids Yoga Video • Work on Yoga breaths for mindfulness

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Day 3-4 <u>Lesson focus</u> I can control my body while performing dances and activities. <u>Academic Language</u> CONTROL To manage or regulate the movement or action of something.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Sun Salutation #1 Perform with parents following the peer coaching cards.	Hokey Pokey DEAM Calendar Sun Salutation #1	Music Hokey Pokey • Model movements • Slow down movements and simplify pattern • Focus on upper body or lower body movement • Modify body positions DEAM Calendar • Model Skill • Shorten time to perform skill • Reward Effort • Hop - Use chair/wall for additional support Mindfulness • Model Stretch/Pose • Reduce number of actions • Chair - Sun Salutation

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Day 5-6 <u>Lesson focus</u> I can throw and catch in self-space. <u>Academic Language</u> SELF-SPACE The area around a person in which they are comfortable but feel uncomfortable if someone else enters.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Choose three poses to perform with parents. Hold each pose for 30 sec to 60 sec.	Pop See Ko DEAM Calendar Yoga Flash Cards	Music Pop See Ko: • Have students perform movements while sitting in chair • Students can move specific body parts that are more accessible (head, fingers, toes, shoulders, arms) • Gently wiggle head to the rhythm of the music DEAM Calendar: • Day 5 - Students can sit down in a long sit (legs flat on ground) and perform the whole body stretch • Each time you touch your toes say the letter of the alphabet, color, number and/or shape • Day 6 - Students slowly lift alternating knees to abdomen level while keeping their balance. Jog in place for shorter periods and intervals such as 10, 20, and 30 seconds Yoga Flash Cards: • Chair Pose: Assume the pose while using a wall or stationary object for increased balance • Cat Pose: Students perform a quadruped pose where they are positioned on their hand and knees while on the floor. They slowly begin to extend either a hand or a leg away from their body. • Child Pose: Students perform the 'Do Nothing Doll' where they lay down while on their stomach and attempt to be still for approximately 10 seconds, emulating a child's toy or doll.

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Day 7-8 <u>Lesson focus</u> I can transfer weight from one body part to another. <u>Academic Language</u> DEMONSTRATE To show or perform an action for others to see.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Sun Salutation #2 Perform with parents following the peer coaching cards.	Hokey Pokey DEAM Calendar Sun Salutation #2	Music Hokey Pokey • Chair-sit or use chair for addition support • Model skill • Stop video/practice each movement • Simplify movement DEAM Calendar • Model skill • Reward efforts • Count out loud 1..2..3..3..5 • Mild kinesthetic prompting • Timer on phone • Check the skill off when finished with activity/skill Sun Salutation #2 • Model the stretch • Reward efforts • Mild kinesthetic prompting • Find video of stretch • Pick a few stretches and be consistent with those few stretches. Example: Tall mountain, Down Dog, Tree pose, Cobra

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Day 9-10 Lesson focus I can show movement concepts with family while dancing and playing for 60 minutes. Academic Language DIRECTION One of the ways the body can move in space (for example, forward, backward, right, left, up, down).	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec.	Pop See Ko DEAM Calendar Yoga Flash Cards	Music Pop See Ko • Model movements • Slow down movements and simplify pattern • Hand over hand support • Modify body positions DEAM Calendar • Model skills (Downdog/Jog in Place) • Partner assist • Hold child's hips up • Reduce time/number of rounds • Reward Effort Mindfulness • Model Activity • Chair • Support child's hips up on Activity 3 Sun Salutations

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Day 11-12 <u>Lesson focus</u> I can be actively engaged at home for 60 minutes every day. <u>Academic Language</u> ACTIVELY ENGAGE To participate in an activity with genuine interest and a desire for excellence.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Learn how to bring focus to yourself with this calming video.	Get Up DEAM Calendar Strengthen Focus	Music Get Up • Chair-sit or use chair for addition support • Model skill • Stop video/practice each movement • Simplify movement Examples: Jump, March, or Run in place DEAM Calendar • Model skill • Reward efforts • Count out loud 1..2..3..3..5 • Mild kinesthetic prompting • Timer on phone • Check the skill off when finished with activity/skill Strengthen Focus • Model the stretch • Reward efforts • Mild kinesthetic prompting • Pause video • Smell the flower (inhale) Blow out the candle (exhale)

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Day 13-14 <u>Lesson focus</u> I can control a ball safely in different ways. <u>Academic Language</u> DIRECTION One of the ways the body can move in space (e.g. forward, backward, right, left, up, down, clockwise, counterclockwise).	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Practice short "in" breaths and long "out" breaths to relieve stress and anxiety with this calming exercise.	Turn Up The Bass DEAM Calendar Relieve Anxiety	Music Turn Up The Bass • Model movements • Slow down or modify the movements • Break dance down to just upper body or just lower body movements • Perform while seated DEAM Calendar • Model movements • Shorten # of times per movement/activity • Modify skills for skill level Relieve Anxiety • Model techniques • Substitute the ball with a different object (eg. shirt, towel, etc) • Perform while seated or lying down

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Day 15-16 <u>Lesson focus</u> I continue to show effort when I'm active at home. <u>Academic Language</u> EFFORT The amount of determination or exertion used to accomplish a goal.	Warm up- Click the corresponding link. Daily Fitness Activity- Choose one activity per day. Mindfulness- Learn how to bring focus to yourself with this calming video.	Get Up DEAM Calendar Strengthen Focus	Music Get Up • Simplify movements: just move legs only or arms only • Use spots or markers to help with foot placement • Demonstrating movement slowly with exaggerated movements • Learn 1 or 2 movements per day • Reduce time of dance/exercise DEAM Calendar • Have child choose activity • Encourage family members to participate (this makes it more fun) • Make a chart to show completion of activity • Start with fewer movements/time and work toward increased movements /time • Model activity • Simplify movements: do only 1 section of the movement • Physically assist child by holding onto hand when doing the movement • Add music Strengthen/Focus • Model activity • Assist balance pose with hand held/physical object • Separate movements ie: feet only • Practice movements briefly • Use as part of a routine • Limit time • Visually look at physical objects • Do activity in a calm relaxing area or time of day • Remember to breathe

