



## AT-HOME PHYSICAL EDUCATION

### Weekly Plan for Students and Families

## APRIL 27 – MAY 1 ACTIVE HOME PHYSICAL EDUCATION: LOCOMOTOR AND MANIPULATIVES K-2

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

	APRIL 27	APRIL 28	APRIL 29	APRIL 30	MAY 1
<b>My Learning Goals</b>	I can use locomotor skills safely at home with noodles.	I can balance in self space showing levels and directions.	I can control my movements to complete scarf activities in personal space.	I can move my scarf through different levels while completing tasks.	I can demonstrate different pathways with equipment.
<b>Today's Vocabulary</b>	<b>LOCOMOTOR SKILL</b> A type of movement used to get from place to place.	<b>BALANCE</b> An even distribution of weight which allows someone or something to stay upright and steady.	<b>CONTROL</b> To manage or regulate the movement or actions of something.	<b>LEVEL</b> Position of the body or its parts in relation to the floor, a person, or a piece of equipment.	<b>PATHWAYS</b> Routes of movement in space: straight, curved, zigzag, or a combo of the three.
<b>Warm-Up Activity</b>	<a href="#">Too Hot</a> (GoNoodle)	<a href="#">Empire State</a> (GoNoodle)	<a href="#">Don't Sit Down</a> (GoNoodle)	<a href="#">Milkshake</a> (GoNoodle)	<a href="#">Clap It Out</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> Locomotor Part 1: <a href="#">Noodle Activity Card</a> Can you complete each task with a pool noodle or paper towel tube? <a href="#">Optional Video</a>	<b>Activity 2:</b> Relationships Part 2: <a href="#">Noodle Activity Card</a> Can you complete each task with a pool noodle or paper towel tube?	<b>Activity 3:</b> Manipulatives Part 1: <a href="#">Juggling Scarf Card</a> Can you complete each task with a scarf or grocery bag?	<b>Activity 4:</b> Manipulatives Part 2: <a href="#">Juggling Scarf Card</a> Can you complete each task with a scarf or grocery bag? <a href="#">Optional Video</a>	<b>Activity 5:</b> Choose Your Own Challenge  Pick your favorite workout from the Juggling Scarf or Noodle Activity Card.
<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>Refocus</b>	<a href="#">Let's Unwind</a> (GoNoodle)	<a href="#">Mindless to Mindful</a> (GoNoodle)	<a href="#">Let's Unwind</a> (GoNoodle)	<a href="#">Mindless to Mindful</a> (GoNoodle)	<a href="#">Let's Unwind</a> (GoNoodle)
<b>Did I log my total activity time?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>
<b>How am I feeling today?</b>					

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)