


















# AT-HOME PHYSICAL EDUCATION

## Weekly Plan for Students and Families

### MAY 4 – MAY 8 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.

	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>FORCE</b> Strength or power used to move or control an object.	<b>ACCURATE</b> Successfully reaching an intended target.	<b>CONTROL</b> To manage or regulate the movement or actions of something.	<b>LIGHT</b> Using or applying small amounts of pressure or force.	<b>PRACTICE</b> To perform an activity or exercise regularly in order to improve or maintain skill.
<b>Warm-Up Activity</b>	<a href="#">Footloose</a> (GoNoodle)	<a href="#">Fresh Prince</a> (GoNoodle)	<a href="#">Jump</a> (GoNoodle)	<a href="#">Kidz Bop Shuffle</a> (GoNoodle)	You choose your favorite warm-up!
<b>Learning Focus Activity</b>	<b>Activity 1:</b> Volleying & Striking <a href="#">Keep It Up</a> Can you keep a balloon, zip lock bag with air or sock ball in the air?	<b>Activity 2:</b> Volleying & Striking <a href="#">Bull's Eye</a> Can you under volley balloon, zip lock bag with air or sock ball in a target (hoop or laundry bin)	<b>Activity 3:</b> Volleying & Striking <a href="#">Air Ball</a> Can you keep a balloon, zip lock bag with air or sock ball in the air with a family member?	<b>Activity 4:</b> Volleying & Striking <a href="#">Paddle It Up</a> Can you keep a balloon, zip lock bag with air or sock ball in the air with a paddle, magazine or book?	<b>Activity 5:</b> Choose Your Own Challenge Pick your favorite activity from the week.
<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="#">Melting</a> (GoNoodle)	<a href="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</a> (GoNoodle)	<a href="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</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)