


# DISTANCE LEARNING- Week 4

## 3rd - 6th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
					
<b>Big Idea</b>	The underhand throw and the underhand volleyball serve use similar movement elements.				
<b>Warm-Up</b>	<a href="#">Cupid Shuffle</a>	<a href="#">Pillow Flipper</a>	<a href="#">Cupid Shuffle</a>	<a href="#">Pillow Flipper</a>	Choose your favorite
<b>Knowledge Building</b>	Underhand Movement Pattern cues: 1. Face the target 2. Swing arm back 3. Step with opposition 4. Swing arm forward 5. Release (or strike) 6. Follow through	To increase accuracy, keep your eyes on the target.	When you underhand throw/toss an object, the position of your fingers at the moment of release influences the direction the object travels.	When you underhand serve a volleyball, hold the ball in your non-striking hand. Use the underhand movement cues. Do not toss the ball in the air during the striking motion.	There are 4 phases for striking a ball: <ul style="list-style-type: none"> <li>• Preparation</li> <li>• Application of force</li> <li>• Follow-through</li> <li>• Recovery</li> </ul>
<b>Fitness Activity</b>	<a href="#">Bull's Eye</a> : Complete the challenge 3 times. Try to beat your previous best score.	<a href="#">Tossing Challenges</a> : Complete the challenge 3 times. Try to beat your previous best score.	<a href="#">Upright</a> : Complete the challenge 3 times. Try to beat your previous best score.	<a href="#">Bull's Eye</a> Try using a different piece of equipment from Monday.	<a href="#">Tossing Challenges</a> Try using a different piece of equipment from Tuesday
<b>Journal/ Reflection</b>	Record your physical activity (PA) in your PA Journal  What is one goal you will set for yourself this week?	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Write a reflection:  What were your biggest challenges this week? Successes? How will you improve on your challenges?
Physical Activity Break (to be completed throughout day whenever a break is needed)					
<a href="#">May 2020 Drop Everything and Move Calendar</a>					