

















DISTANCE LEARNING- Week 5

Kinder - 2nd Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	I am responsible for my own behavior and how I respond to challenges, successes, and failures I encounter during physical activity.				
Warm-Up	Tabata: Sonora	Tabata: Sonora	Zap It	Zap It	Tabata: Sonora
Knowledge Building	Participating with positive social interaction can make physical activity with others more fun.	When I work cooperatively with someone, we work together for a common goal or outcome.	Providing a positive comment to my partner or opponent shows positive social interaction	Inviting others to use equipment before I repeat my turn shows positive social interaction.	During physical activity, there will be times that I need to be the leader and times that I need to be the follower.
Fitness Activity	Charade Games Perform the following station: Word Charades	With a partner, <u>use only your feet</u> to pass an object (balloon, sock ball, etc.) from Point A to Point B <u>without letting it touch the ground</u> . After you pass it to your partner, stand up and move to other side of partner.	Charade Games Perform the following station: Animal Charades	With a partner, <u>use only your feet</u> to pass an object (balloon, sock ball, etc.) from Point A to Point B <u>without letting it touch the ground</u> . After you pass it to your partner, stand up and move to other side of partner.	Charade Games Perform the following station: Sports Charades
Journal & Reflection	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO
	How are you feeling today?   	How are you feeling today?   	How are you feeling today?   	How are you feeling today?   	How are you feeling today?   

Physical Activity Break (to be completed throughout day whenever a break is needed)

[May 2020 Mind & Body Calendar](#)

POSSIBLE DISCUSSION QUESTIONS:

- What does conflict look like and sound like during physical activity? Share a personal experience.
- What does fun look like and sound like during physical activity? Share a personal experience.
- How do we recognize a leader during physical activity? A leader during physical activity is someone who...
- Why is it important to not only have leaders during physical activity, but to also have followers during physical activity that work cooperatively?
- What are some positive comments you have used during PE this week?