**Physical Education Lesson Plan**

**Grades K-5 Activities - (May 26 - May 29)**

**Essential Learning Statement:** Your Physical Education teacher will provide you a variety of physical activities and games to play either inside or outside of your home, needing minimal equipment or toys to play. These activities will help our bodies to stay healthy, and our minds to stay happy! The goal is to play each suggested activity for 10 minutes per week; however, we recommend children are active and moving for extended times every day. Additional skills and bonus activities will be included each week for children who would like to extend their movement beyond 10 minutes and continue practicing learned skills from this school year.

**Always ask an adult’s permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!**

**Activity:** Create a Routine

**Skills:** Balance, strength, agility, coordination, flexibility

**How to play:** Create a gymnastics/tumbling or dance routine in a safe space inside or outside of your home. Some skills to include could be cartwheels, forward roll, backward roll, handstand, bridge, pencil roll, log roll, egg roll, various jumps, leaps, yoga poses and balances

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Activity**: Rolling and Bowling

**Skills**: Rolling to a target

**How to play**: Take a pair of socks, put them together and roll down the top of the socks to make a ball. Find items in your house to use as targets (paper towels, pillows, milk jugs, water bottles, stuffed animals, bucket, garbage can, laundry basket) Start 3 steps from the target. Move your arm back and as you step with the opposite foot lower your knee and release the ball low to the ground. If you hit the target take a step backwards. Possibly challenge a sibling or other adult to a game.

**Bonus Activity**: If you have an object and appropriate space at home, practice volleying!

**Bonus Vocabulary Challenge**:

Vocabulary with an emphasis on direction, shapes, opposites and patterns.  You will need to be creative with your play area and you may need to use some house and/or yard items.

1. Place your hand on your heart and tell someone how it feels.  Use words like slow, medium, fast, hard  and soft
2. Move your body in a straight line, then move in a curvy pattern
3. Make a tall sculpture with your body, then make low sculpture
4. Find an object to go over, then find an object to go under
5. Make your body in the shape of a circle, then change into a square
6. Make your body into a triangle, then change into a rectangle
7. Make your body as small as you can, then make your body large
8. Wiggle your body fast, then wiggle your body slow
9. Toss and catch a ball, sock ball, tape ball or toilet paper roll at a low height then a medium height then a high height
10. Run around your house using a slow speed then run around your house using a fast speed
11. Place your hand on your heart and describe how it now feels different then when you started
12. Email Mr. Johnson how your heart beat changed from the beginning of the activities to the end