**Physical Education Lesson Plan**

**Grades K-5 Activities**

**(May 4 - May 8)**

**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**: Toss and Catch

**Skills**: Underhand Tossing and Catching

**How to play**: Take a pair of socks, put them together and roll down the top of the socks to make a ball. Try these different skills, by standing in a safe space, making sure that your toss is just a little higher than your head and your eyes are watching the ball.

* TOSS with one hand, CATCH with both hands...10 times
* TOSS with one hand, CATCH with that same hand...10 times
* TOSS with the other hand, CATCH with that same hand...10 times
* TOSS with one hand, clap one time, CATCH with both hands...10 times
* TOSS with one hand, clap two times, CATCH with both hands...10 times
* How many times can you clap before you CATCH the sock ball?

Now sit down and try these same skills.

Find something that you can use as a target...garbage can, box, bowl, bucket, laundry basket, etc. Find a safe space, put your target on the floor, stand in front of your target, and using your “favorite” hand, step with your opposite foot and underhand toss the sock ball to the target.  Each time you make it, take one step back from the target.

Try tossing to a bucket that a partner is holding, your partner needs to catch the ball in the bucket.

**\*\*Bonus Activity**: If you have an object and appropriate space at home, practice hand dribbling or bouncing/catching!