

Physical Education Activities for Home During the COVID-19 Break

Kindergarten and 1st Grade

- Running
- Jump Rope-“Tap-Tap, Tug-Tug, Ready and Over”
- Playground Equipment (Slides, Ladders, Bars, etc...)
- Practice skipping, galloping, leaping (hurdling or moving like a deer through the woods), jumping (two feet), hopping (one foot), and sliding (step-together sideways)
- Throwing: “T-Telephone-Throw” Socks inside, any ball outside
- Kicking: Dribble kicks (take dog (ball)for a walk making sure dog (ball) doesn’t get too far away), big kicks (step-step, plant, kick)
- Striking with a paddle, tennis racket, pickleball paddle

2nd and 3rd Grade

- See above activities for K-1
- Additionally: Games of low organization
 - “Cat and Mouse”-on four square type area (driveway). Switch corners is a point for mice, cats try to take over corners.
 - Tag Games: “Rock, Paper, Scissors” and advance to next area
 - “Big Jacks”-Playground ball and 3 rocks. Bounce 1x and pick up one rock. Bounce 1x and pick up 2 rocks. Bounce 3x and pick up 3 rocks
- Throwing/Catching: “Don’t Break the Ice” Partner throw/Catch, take a big step back, continue.....if ball dropped start all over. How far apart can you get?
- Kicking: Dribbling games, distance kicking games, punting games
- Tennis Striking Activities: Individual taps, flips (thumb side-knuckle side), dribbles, trap-tap-and catch, Wall hits (individual or with a partner/catch)

4th and 5th Grade

- All K-3 Activities
- Additionally: We’ve taught quite a few small group or team games during this school year. Not sure if social distancing will allow small groups of students to participate in these activities but perhaps family members can participate. Low organized games:
 - “Cat and Mouse”
 - “Four Square”
 - “Football-Mass Pass”-multiple qb’s/multiple wr, team vs team,
 - “Mini Kickball”-teams of 4, bases 10 yards apart, kick ball and run around bases as many times, fielding team all must catch ball once fielded, runner freezes once all caught
 - “Game of 10”-partner catch from 10 yards away, 10 catches in a row with 10 different objects
 - Basketball Activities-dribble and shooting games
 - Mini-Tennis Games