

APRIL 27 – MAY 1 ACTIVE HOME PHYSICAL EDUCATION: LOCOMOTOR AND MANIPULATIVES K-2

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	APRIL 27	APRIL 28	APRIL 29	APRIL 30	MAY 1
My Learning Goals	I can use locomotor skills safely at home with noodles.	I can balance in self space showing levels and directions.	I can control my movements to complete scarf activities in personal space.	I can move my scarf through different levels while completing tasks.	I can demonstrate different pathways with equipment.
Today's Vocabulary	LOCOMOTOR SKILL A type of movement used to get from place to place.	BALANCE An even distribution of weight which allows someone or something to stay upright and steady.	CONTROL To manage or regulate the movement or actions of something.	LEVEL Position of the body or its parts in relation to the floor, a person, or a piece of equipment.	PATHWAYS Routes of movement in space: straight, curved, zigzag, or a combo of the three.
Warm-Up Activity	Too Hot (GoNoodle)	Empire State (GoNoodle)	Don't Sit Down (GoNoodle)	Milkshake (GoNoodle)	Clap It Out (GoNoodle)
Learning Focus Activity	Activity 1: Locomotor Part 1: Noodle Activity Card Can you complete each task with a pool noodle or paper towel tube? Optional Video	Activity 2: Relationships Part 2: Noodle Activity Card Can you complete each task with a pool noodle or paper towel tube?	Activity 3: Manipulatives Part 1: Juggling Scarf Card Can you complete each task with a scarf or grocery bag?	Activity 4: Manipulatives Part 2: Juggling Scarf Card Can you complete each task with a scarf or grocery bag? Optional Video	Activity 5: Choose Your Own Challenge Pick your favorite workout from the Juggling Scarf or Noodle Activity Card.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?					