

At Home Physical Education

Parents, it is important for our students to remain physically active during their time at home. While every student has physical education twice a week for thirty minutes, it is recommended that we all get sixty minutes of exercise every day. Each day we perform a plank, push-ups and jumping jacks. We also practice the locomotor skills jogging, skipping, galloping and carioca. Please encourage your children to continue to practice these skills. In addition, refer to the Activity Card titled Bean Bag. Choose from the many activities listed to play. A rolled up sock can be used instead of a bean bag. It is expected that students will spend at least 30 minutes twice a week on physical education. Please complete and sign the activity log. Note the date, length of time played, and what the student performed. If you have any questions, feel free to email me at no-cwhite@seovec.org.

Stay healthy,

Mrs. White

ACTIVITY CARD

BEAN BAG */or Rolled Sock*

Activity Name	Description	Outcome Focus
PART 1		
Locomotor Moves	<p>With bean bag on the floor in personal space:</p> <ul style="list-style-type: none"> Walk around the activity area and count all of the bean bags. Jog in the area. On signal, freeze and point to any beanbag. Gallop in the area. Freeze, listen for a color, and then find a beanbag that color and touch it with your toe. Leap over beanbags in area. Slide (jump, hop, skip) in the area. When music stops, find a new bean bag and stand on it. 	Travels in Relationship with Objects
Toss and Try	<p>Toss bean bag straight up and then:</p> <ul style="list-style-type: none"> Clap 1 time before it hits the floor. Clap 1 time and then try to catch it. Clap as many times as you can before it hits the floor. Clap as many times as you can and then try to catch it. Toss with right hand only (repeat tasks above) Toss with left hand only (repeat tasks above) Toss and turn 360 degrees before the bean bag hits the floor. Start with the beanbag on top of your foot. Flip it into the air and try to catch it. 	Catches a Soft Object
Super Moves	<p>With bean bag on the floor:</p> <ul style="list-style-type: none"> Stretch your body and log roll over it back and forth. Start low like a frog, and then jump over it backward and forward; side-to-side. Sit on the floor. Stretch and curl by picking the beanbag up with your feet, reaching and touching it with your hands, and then stretching and setting it back down. 	Demonstrates Twisting, Bending, Stretching
PART 2		
Balancing Act	<p>With bean bag balancing on head, shoulders, or back:</p> <ul style="list-style-type: none"> Balance on one foot. Shift to balance on the other foot. Sit and then stand again. If the beanbag falls, try again. In plank position, slowly slide your feet around in a circle. 	Weight Transfer and Balance/Stability
Slow and Fast	<ul style="list-style-type: none"> Use your foot to slowly slide the bean bag around the activity area. Slide the bean bag on the ground, back and forth from hand to hand. How fast can you make the bean bag slide while keeping it under control? 	Differentiates between fast and slow speeds and strong and light force.
Target Practice	<p>Each student finds a spot on the wall as a target (e.g., a brick, piece of paper, etc.) Toss the bean bag underhand to:</p> <ul style="list-style-type: none"> Hit the center of the target. Hit the edges of the target. Hit just above (below, to the sides) of the target. 	Throws Underhand Using a Mature Pattern
Partner Fun	<p>Using 1 beanbag per pair:</p> <ul style="list-style-type: none"> Toss and catch the bean bag. Slide it back and forth on the ground. Pass it back and forth like a soccer ball, using your feet. Try all of the above using 2 bean bags 	Working With Others