

ACTIVE HOME PHYSICAL EDUCATION: GRADES K-5

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

Week 4-5	Day 1- 6	Day 2- 7	Day 3- 8	Day 4- 9	Day 5- 10
Concept of Focus	I can dribble safely in space	I can pass my ball with control towards a target	I can control the ball using only my finger pads	I can catch the ball and shoot using BEEF	I can practice using my skills that I have learned
Academic Language for Today	DRIBBLE: Maneuvering a ball under the control of a single player.	PASS: To move an object from one space to another	FINGERPADS: The very tips of your fingers, used to control the ball	B.E.E.F.: Bend Eyes on Target Extend Elbow Follow Through	PRACTICE: To perform an activity of skill repeatedly in order to make improvement
Warm-Up Activity	All Star (GoNoodle)	Twist & Shout (GoNoodle)	You Are What You Eat (GoNoodle)	Zap It (GoNoodle)	Choose your favorite warmup!
Learning Focus Activity	Activity 1: Drivers Test Using a basketball or invisible ball practice your skills safely. Bounce and Catch	Activity 2: Wall Passing Using a basketball or invisible ball pass the ball to the wall with a chest pass or bounce pass.	Activity 3: Dribble Fitness Using only your finger pads dribble as many times as you can. If you make a mistake do an exercise.	Activity 4: Three Point Contest Using a basketball, sock ball, or invisible ball use B.E.E.F.	Activity 5: Choose your own challenge. Pick your favorite from the week
Daily Challenges	Daily Dojo Challenge	Daily Dojo Challenges	Daily Dojo Challenge	Daily Dojo Challenge	Daily Dojo Challenge
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?