**Extended At-Home Learning: Group 3**

**PHYSICAL EDUCATION: K-2 Locomotor and Manipulatives**

***Directions: Follow the plan for each day. To access a link, make sure to hold the Ctrl button on your computer when you click on the link.***

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I can use locomotor skills safely at home with a pool noodle or paper towel tube.  | 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](https://family.gonoodle.com/activities/too-hot)(GoNoodle) | [Empire State](https://family.gonoodle.com/activities/empire-state)(GoNoodle) | [Don't Sit Down](https://family.gonoodle.com/activities/dont-sit-down) (GoNoodle) | [Milkshake](https://family.gonoodle.com/activities/milkshake)(GoNoodle) | [Clap It Out](https://family.gonoodle.com/activities/clap-it-out)(GoNoodle) |
| **Learning Focus Activity** | **Activity 1:** Locomotor Part 1: [Noodle Activity Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4g-LMS-NoodleActivityCard.pdf)Can you complete each task with a pool noodle or paper towel tube?[Optional Video](https://www.youtube.com/watch?v=LgMohkixc2I&feature=youtu.be) | **Activity 2:** RelationshipsPart 2: [Noodle Activity Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4g-LMS-NoodleActivityCard.pdf)Can you complete each task with a pool noodle or paper towel tube? | **Activity 3:** ManipulativesPart 1: [Juggling Scarf Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4c-LMS-ScarfActivityCard.pdf)Can you complete each task with a scarf or grocery bag? | **Activity 4:** ManipulativesPart 2: [Juggling Scarf Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4c-LMS-ScarfActivityCard.pdf)Can you complete each task with a scarf or grocery bag?[Optional Video](https://www.youtube.com/watch?v=LMVEAJpeqSk&feature=youtu.be) | **Activity 5:** Choose Your Own ChallengePick your favorite workout from the Juggling Scarf or Noodle Activity Card. |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/03-CAL-DEAM-March-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) |
| **Refocus** | [Let’s Unwind](https://family.gonoodle.com/activities/lets-unwind)(GoNoodle) | [Mindless to Mindful](https://family.gonoodle.com/activities/from-mindless-to-mindful)(GoNoodle) | [Let’s Unwind](https://family.gonoodle.com/activities/lets-unwind)(GoNoodle) | [Mindless to Mindful](https://family.gonoodle.com/activities/from-mindless-to-mindful)(GoNoodle) | [Let’s Unwind](https://family.gonoodle.com/activities/lets-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?** |  |  |  |  |  |