**Extended At-Home Learning: Menu 4**

**PHYSICAL EDUCATION: K-2 Volleying and Striking**

***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 control the force of my strikes when volleying and striking objects.  | I can be accurate when striking an object toward a target. | I can control my movements while completing volleying activities in personal space.  | I can apply light force while volleying with family members. | I can demonstrate the skills I’ve practiced throughout the week.  |
| **Today’s Vocabulary** | **FORCE**Strength or power used to move or control an object. | **ACCURATE**Successfully reaching an intended target. | **CONTROL**To manage or regulate the movement or actions of something. | **LIGHT**Using or applying small amounts of pressure or force. | **PRACTICE**To perform an activity or exercise regularly in order to improve or maintain skill. |
| **Warm-Up Activity** | [Footloose](https://family.gonoodle.com/activities/footloose)(GoNoodle) | [Fresh Prince](https://family.gonoodle.com/activities/fresh-prince-theme-song) (GoNoodle) | [Jump](https://family.gonoodle.com/activities/jump)(GoNoodle) | [Kidz Bop Shuffle](https://family.gonoodle.com/activities/kidz-bop-shuffle)(GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity** | **Activity 1:** Volleying & Striking[Keep It Up](https://openphysed.org/wp-content/uploads/2016/01/P-07-06-Volleying-StationCards.pdf)Can you keep a balloon, zip lock bag with air or sock ball in the air? | **Activity 2:** Volleying & Striking[Bull’s Eye](https://openphysed.org/wp-content/uploads/2016/01/P-07-06-Volleying-StationCards.pdf)Can you under volley balloon, zip lock bag with air or sock ball in a target (hoop or laundry bin) | **Activity 3:** Volleying & Striking[Air Ball](https://openphysed.org/wp-content/uploads/2016/01/P-07-06-Volleying-StationCards.pdf)Can you keep a balloon, zip lock bag with air or sock ball in the air with a family member? | **Activity 4:** Volleying & Striking[Paddle It Up](https://openphysed.org/wp-content/uploads/2016/01/P-07-06-Volleying-StationCards.pdf)Can you keep a balloon, zip lock bag with air or sock ball in the air with a paddle, magazine or book? | **Activity 5:**Choose Your Own ChallengePick your favorite activity from the week.  |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| **Refocus** | [Melting](https://family.gonoodle.com/activities/melting)(GoNoodle) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)(GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)(GoNoodle) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)(GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)(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?** |  |  |  |  |  |