



WINTER BREAK LEARNING PACKET

PHYSICAL EDUCATION

**1ST GRADE
STUDENT**

DEC 22ND – JAN 5TH

DEPARTMENT OF CURRICULUM & INSTRUCTION

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AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

ACTIVE HOME PHYSICAL EDUCATION: LOCOMOTOR AND MANIPULATIVES K-2

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I can be actively engaged at home for 60 minutes every day.	I can control a ball in safely different ways.	I continue to show effort when I'm active at home.	I can control a ball with different amounts of force.	I can explain how my body will move in relationship to a ball.
Today's Vocabulary	ACTIVELY ENGAGE To participate in an activity with genuine interest and a desire for excellence.	DIRECTION One of the ways the body can move in space (e.g. forward, backward, right, left, up, down, clockwise, counterclockwise).	EFFORT (movement concept) How the body moves and uses time, force and flow.	MANIPULATIVE SKILL A movement done to or with objects such as throwing, striking, and catching.	RELATIONSHIP In physical education, this refers to how two objects or people are associated with one another (e.g. above/below).
Warm-Up Activity	Get Up (GoNoodle)	Turn Up The Bass (GoNoodle)	Get Up (GoNoodle)	Turn Up the Bass (GoNoodle)	You choose your favorite warm-up!
Learning Focus Activity	Activity 1: Hand Skill Challenges P1: Locomotor and Manipulatives Card Can you do each skill 10x with a ball or sock ball.	Activity 2: Hand Skill Challenges P2: Locomotor and Manipulatives Card Can you do each skill 10x with a ball or sock ball.	Activity 3: Hand Skill Challenges P1: Locomotor and Manipulatives Card Can you do each skill 15x with a ball or sock ball.	Activity 4: Hand Skill Challenges P2: Locomotor and Manipulatives Card Can you do each skill 15x with a ball or sock ball.	Activity 5: Hand Skill Challenges All: Locomotor and Manipulatives Card Can you do each skill 10x with a ball or sock ball.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Strengthen Focus (GoNoodle)	Relieve Anxiety (GoNoodle)	Strengthen Focus (GoNoodle)	Relieve Anxiety (GoNoodle)	Strengthen Focus (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?					

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)

ACTIVITY CARD

HAND SKILLS

Activity Name	Description	Outcome Focus
PART 1		
Toss and Try	<p>With ball in personal space:</p> <ul style="list-style-type: none"> Bounce the ball and catch it. Toss the ball up and catch it. Toss the ball up, clap and catch it. Toss and catch with the right hand only. Toss and catch with the left hand only. Toss from hand to hand. 	Catches a soft object/ball from a self-toss.
Sorta Sporty	<ul style="list-style-type: none"> Dribble with hands and then feet, moving in different pathways. Shoot like a basketball so it arcs and lands right in front of your feet. Bowl (roll) the ball against the wall. Toss against the wall and catch on a bounce off the floor; without a bounce. Kick against the wall so it bounces straight back to you. 	Travels Demonstrating Low, Middle, and High Levels, as well as a Variety of Relationships with Objects
Rolling Around	<p>Standing, roll the ball around your body:</p> <ul style="list-style-type: none"> In a circle, clockwise around both feet together; counterclockwise. Back and forth in front of the body; behind the body. In a circle around 1 leg and then the other. <p>On the floor:</p> <ul style="list-style-type: none"> In plank position, back and forth from hand-to-hand. In sit-up position, between feet and then up overhead. 	Transfers Weight, Changes Directions and Understands Relationships with Objects
PART 2		
Partner Passes	<p>With a partner:</p> <ul style="list-style-type: none"> Roll the ball back and forth. Bounce the ball to each other. Try light and strong bounces. Toss and catch with an underhand throw. Toss the ball high and jump to make a catch. Toss the ball low and bend to make a catch. 	Throws Underhand Using a Mature Pattern, Catches a Well-Thrown Ball with Hands, Works with Others
Double Trouble	<p>With a partner, each partner with a ball:</p> <ul style="list-style-type: none"> Roll the balls at the same time so they crash into one another. Roll the balls at the same time so they pass each other and make it to the opposite side. One partner bounce passes, the other tosses across. Mirror: One partner moves the ball in personal space while the other mirrors the movements. Follow the leader: With one partner in front and the other in back, the front partner will move through the activity area performing ball "tricks" while the other follows and copies the movements. 	Differentiates Between Self and General Space, Works with Others



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

DECEMBER DEAM Calendar

Drop Everything And Move

GIVE
without expectation

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	2	Do as many curl-ups as you can.
	3	Do 10 burpees and 10 sit-ups.
	4	Say your math facts while doing reverse lunges.
	5	Take a walk.
	6	Think: I will be the best I can be! Live this motto all day!
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	9	Do as many trunk-lifts as you can.
	10	Do 20 jumping jacks and 20 plank jacks.
	11	Do push-up shoulder taps while reciting your spelling words.
	12	Take a walk.
	13	Think: I can do hard things! Live this motto all day!
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	16	Do as many squats as you can.
	17	Do 30 mountain climbers and 30 bicycle crunches.
	18	Perform squat-jumps while naming the continents.
	19	Take a walk.
	20	Think: I will train my brain (and body)! Live this motto all day!
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	23	Do as many push-ups as you can.
	24	Crab walk and hold a plank as you count to 40.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	Think: I love to challenge myself! Live this motto all day!
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	30	Do as many push-ups as you can.
	31	Crab walk and hold a plank as you count to 40.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.
- ✓ It's better to give than to receive.

