



# WINTER BREAK LEARNING PACKET

## PHYSICAL EDUCATION

**2<sup>ND</sup> GRADE  
STUDENT**

**DEC 22<sup>ND</sup> – JAN 5<sup>TH</sup>**
















**DEPARTMENT OF CURRICULUM & INSTRUCTION**

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### 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   |
|--|---|--|---|---|---|
| <b>My Learning Goals</b>                 | 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.  |
| <b>Today's Vocabulary</b>                | <b>ACTIVELY ENGAGE</b><br>To participate in an activity with genuine interest and a desire for excellence.  | <b>DIRECTION</b><br>One of the ways the body can move in space (e.g. forward, backward, right, left, up, down, clockwise, counterclockwise).   | <b>EFFORT</b><br>(movement concept) How the body moves and uses time, force and flow.   | <b>MANIPULATIVE SKILL</b><br>A movement done to or with objects such as throwing, striking, and catching.   | <b>RELATIONSHIP</b><br>In physical education, this refers to how two objects or people are associated with one another (e.g. above/below).  |
| <b>Warm-Up Activity</b>                  | <a href="#">Get Up</a><br>(GoNoodle)  | <a href="#">Turn Up The Bass</a><br>(GoNoodle)   | <a href="#">Get Up</a><br>(GoNoodle)  | <a href="#">Turn Up the Bass</a><br>(GoNoodle)  | You choose your favorite warm-up!   |
| <b>Learning Focus Activity</b>           | <b>Activity 1:</b> Hand Skill Challenges<br>P1: <a href="#">Locomotor and Manipulatives Card</a><br>Can you do each skill 10x with a ball or sock ball.   | <b>Activity 2:</b> Hand Skill Challenges<br>P2: <a href="#">Locomotor and Manipulatives Card</a><br>Can you do each skill 10x with a ball or sock ball.  | <b>Activity 3:</b> Hand Skill Challenges<br>P1: <a href="#">Locomotor and Manipulatives Card</a><br>Can you do each skill 15x with a ball or sock ball.   | <b>Activity 4:</b> Hand Skill Challenges<br>P2: <a href="#">Locomotor and Manipulatives Card</a><br>Can you do each skill 15x with a ball or sock ball.   | <b>Activity 5:</b> Hand Skill Challenges<br>All: <a href="#">Locomotor and Manipulatives Card</a><br>Can you do each skill 10x with a ball or sock ball.  |
| <b>Daily Movement Activity</b>           | <a href="#">DEAM Calendar</a>   | <a href="#">DEAM Calendar</a>  | <a href="#">DEAM Calendar</a>   | <a href="#">DEAM Calendar</a>   | <a href="#">DEAM Calendar</a>   |
| <b>Mindfulness</b>                       | <a href="#">Strengthen Focus</a><br>(GoNoodle)  | <a href="#">Relieve Anxiety</a><br>(GoNoodle)  | <a href="#">Strengthen Focus</a><br>(GoNoodle)  | <a href="#">Relieve Anxiety</a><br>(GoNoodle)   | <a href="#">Strengthen Focus</a><br>(GoNoodle)  |
| <b>Did I log my total activity time?</b> | YES or NO?  | YES or NO?   | YES or NO?  | YES or NO?  | YES or NO?  |
| <b>How am I feeling today?</b>           |    |    |    |    |    |

## ACTIVITY CARD

# HAND SKILLS

| Activity Name  | Description   | Outcome Focus  |
|----------------|---|--|
| <b>PART 1</b>  |   |  |
| Toss and Try   | <p>With ball in personal space:</p> <ul style="list-style-type: none"> <li>Bounce the ball and catch it.</li> <li>Toss the ball up and catch it.</li> <li>Toss the ball up, clap and catch it.</li> <li>Toss and catch with the right hand only.</li> <li>Toss and catch with the left hand only.</li> <li>Toss from hand to hand.</li> </ul>   | Catches a soft object/ball from a self-toss.   |
| Sorta Sporty   | <ul style="list-style-type: none"> <li>Dribble with hands and then feet, moving in different pathways.</li> <li>Shoot like a basketball so it arcs and lands right in front of your feet.</li> <li>Bowl (roll) the ball against the wall.</li> <li>Toss against the wall and catch on a bounce off the floor; without a bounce.</li> <li>Kick against the wall so it bounces straight back to you.</li> </ul>   | 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"> <li>In a circle, clockwise around both feet together; counterclockwise.</li> <li>Back and forth in front of the body; behind the body.</li> <li>In a circle around 1 leg and then the other.</li> </ul> <p>On the floor:</p> <ul style="list-style-type: none"> <li>In plank position, back and forth from hand-to-hand.</li> <li>In sit-up position, between feet and then up overhead.</li> </ul>   | Transfers Weight, Changes Directions and Understands Relationships with Objects                        |
| <b>PART 2</b>  |   |  |
| Partner Passes | <p>With a partner:</p> <ul style="list-style-type: none"> <li>Roll the ball back and forth.</li> <li>Bounce the ball to each other. Try light and strong bounces.</li> <li>Toss and catch with an underhand throw.</li> <li>Toss the ball high and jump to make a catch.</li> <li>Toss the ball low and bend to make a catch.</li> </ul>  | 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"> <li>Roll the balls at the same time so they crash into one another.</li> <li>Roll the balls at the same time so they pass each other and make it to the opposite side.</li> <li>One partner bounce passes, the other tosses across.</li> <li>Mirror: One partner moves the ball in personal space while the other mirrors the movements.</li> <li>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.</li> </ul> | 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      |
|-------------------|---------------------------|-----------------------------|-------------------------------|------------|
| <b>Sample Day</b> | Active Outside<br>30 Mins | Walk with Family<br>15 Mins | Dance Challenge<br>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.

