



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

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
Concept of Focus	I can show balance and coordination while playing at home.	I can control by body while performing dances and activities.	I can throw and catch in self space.	I can transfer weight from one body part to another.	I can show movement concepts with family while dancing and playing for 60 minutes.
Academic Language for Today	<b>BALANCE</b> An even distribution of weight allowing you to stay upright and steady.	<b>CONTROL</b> To manage or regulate the movement or action of something.	<b>SELF-SPACE</b> The area around a person in where they are comfortable but feel uncomfortable if someone else enters.	<b>DEMONSTRATE</b> To show or perform an action for others to see.	<b>DIRECTION</b> One of the ways the body can move in space (for example, forward, backward, right, left, up, down).
Warm-up	<a href="#">Pop See Ko</a>	<a href="#">Hokey Pokey</a>	<a href="#">Pop See Ko</a>	<a href="#">Hokey Pokey</a>	<a href="#">Pop See Ko</a>
OPEN Home Activity	<a href="#">Locomotor and Manipulatives Card</a> Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. <a href="#">Complete Part 1</a>	<a href="#">Locomotor and Manipulatives Card</a> Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. <a href="#">Complete Part 2</a>	<a href="#">Locomotor and Manipulatives</a> Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. <a href="#">Complete Part 1</a>	<a href="#">Locomotor and Manipulatives Card</a> Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. <a href="#">Complete Part 2</a>	<a href="#">Locomotor and Manipulatives</a> Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. <a href="#">Complete Part 1</a>
Daily Fitness Activity	<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>
Mindfulness	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. <a href="#">Yoga Flash Cards</a>	Sun Salutation #1 Perform with parents following the peer coaching cards. <a href="#">Sun Salutation #1</a>	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. <a href="#">Yoga Flash Cards</a>	Sun Salutation #2 Perform with parents following the peer coaching cards. <a href="#">Sun Salutation #2</a>	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. <a href="#">Yoga Flash Cards</a>



Assessment(s)	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>	<a href="#">Physical Activity Log</a>
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