**ACTIVE HOME PHYSICAL EDUCATION: VOLLEYING AND STRIKING K-2**

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

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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 Challenge  Pick 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?** |  |  |  |  |  |