**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.

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|  | **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](https://family.gonoodle.com/activities/get-up)  (GoNoodle) | [Turn Up The Bass](https://family.gonoodle.com/activities/turn-up-the-bass)  (GoNoodle) | [Get Up](https://family.gonoodle.com/activities/get-up)  (GoNoodle) | [Turn Up the Bass](https://family.gonoodle.com/activities/turn-up-the-bass)  (GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity** | **Activity 1:** Hand Skill Challenges  P1: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)  Can you do each skill 10x with a ball or sock ball. | **Activity 2:** Hand Skill Challenges  P2: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)  Can you do each skill 10x with a ball or sock ball. | **Activity 3:** Hand Skill Challenges  P1: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)  Can you do each skill 15x with a ball or sock ball. | **Activity 4:** Hand Skill Challenges  P2: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)  Can you do each skill 15x with a ball or sock ball. | **Activity 5:** Hand Skill Challenges  All: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)  Can you do each skill 10x with a ball or sock ball. |
| **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) |
| **Mindfulness** | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)  (GoNoodle) | [Relieve Anxiety](https://family.gonoodle.com/activities/relieve-anxiety)  (GoNoodle) | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)  (GoNoodle) | [Relieve Anxiety](https://family.gonoodle.com/activities/relieve-anxiety)  (GoNoodle) | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-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?** |  |  |  |  |  |