

BALANCE & COORDINATION

PHYSICAL EDUCATION CHECKLIST

Students and families:

During the next 6 weeks, we will be focused on the skill-related fitness components of balance and coordination. We will encourage students to embrace practice activities that may be challenging and help them recognize the joys of improving new skills. We will also focus on mindful breathing and empathy as social and emotional learning targets.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 6-week *Balance & Coordination* learning module. If there is a time when you need a copy of our learning materials, visit www.OPENPhysEd.org/penow to download documents and watch video demonstrations of the activities in this module.

Thank you for being physically active every day.

Go Be Great!

Grades K-2 Physical Education Checklist

CHECK	WEEK 1
	Attend physical education class, have fun, and stay healthy and safe.
	Play <i>Odd & Even Balance Roller</i> with a family member.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 2
	Attend physical education class, have fun, and stay healthy and safe.
	Practice the Balloon Bop Challenge for at least 5 minutes per day.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 3
	Attend physical education class, have fun, and stay healthy and safe.
	Play <i>Balance Pathway</i> with a family member.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 4
	Attend physical education class, have fun, and stay healthy and safe.
	Practice the Balloon Bop Challenge for at least 5 minutes per day.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 5
	Attend physical education class, have fun, and stay healthy and safe.
	Play <i>Balance Flow Challenge</i> with a family member.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
	WEEK 6
	Attend physical education class, have fun, and stay healthy and safe.
	Practice the Balloon Bop Challenge for at least 5 minutes per day.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).

