P.E. Lessons – Kindergarten through 2nd Grade

Week of March 23 - 27

Day 1 Lesson

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| **Physical Education – Throwing and Catching Unit** | | |
| Objective | Activities | Resources |
| To be able to complete an overhand throw with proper form | **Warmups**: Just Dance Kids ABC  <https://www.youtube.com/watch?v=GD0iEr3zajY>  **Activity**:  Watch the following YouTube video. It will review underhand throwing from last week and then introduce overhand throwing.  How to Throw a Ball – Teaching Underhand and Overhand Throwing  <https://www.youtube.com/watch?v=vdAbRz62tCQ>  Practice throwing a ball overhand in your back yard or other **area approved by your parents**. Practice throwing the ball as far as you can and aim aiming at approved targets.  Tips to Remember:  1. Turn sideways to your target.  2. Make an uppercase L with your arms.  3. Step sideways towards your target.  4. Twist your upper body.  5. Throw the ball! | Computer / Device with access to internet  One ball that can fit in your hand, like a tennis ball or other soft ball. |

Day 2 Lesson

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| **Physical Education – Throwing and Catching Unit** | | |
| Objective | Activities | Resources |
| To demonstrate assorted animal walks | **Warmups**: Just Dance the Monkey Dance  <https://www.youtube.com/watch?v=KpdRc9L97TY>  **Choose an Activity**: Below are 3 activities to practice throwing. Depending on what supplies you have at home, choose **one** activity to complete.  **Activity #1 – Frisbee Toss**  Watch this video – How to Throw a Frisbee.  (Feel free to stop the video at 2:20)  <https://www.youtube.com/watch?v=qlaoba47qTg>  Practice either throwing the frisbee to an **approved** target or play catch with a sibling or parent.  **Activity #2 – Baseball Catch**  If you have a baseball and glove, practice throwing and catching with a sibling or parent. Don’t forget the tips we learned in our last class: Turn sideways to your target, make an uppercase L with your arms, step towards target, twist your upper body, and throw the ball!  **Activity #3 – Overhand Throw**  If you do not have the supplies above, play catch with a partner using any ball that you can throw with one hand. | Computer / Device with access to internet    Frisbee  Baseball/Softball and glove  Any ball that you can throw with one hand |