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| **Physical Education: Balance, Stunts, and Tumbling Unit** |
| Objective  | Activities  | Resources  |
| Demonstrate balance and coordination while jumping in various patterns  | **Warm Up Video:** Just Dance Kids Jump Up = <https://www.youtube.com/watch?v=52pdktAMDe4>**Activity Guidelines**: 1. Log onto Seesaw and find the PE assignment entitled Jumping and Landing.
2. Open the document attached with the scanned jumping position cards.
3. You should practice each jumping skill 5 times.
4. Choose one favorite jumping skill and post a video on Seesaw of you completing that jump 2 times.

\**Additional challenge if desired*: Use chalk or tape to create a hopscotch court in your driveway (or other approved area) and play with your family! Directions of how to play hopscotch = <https://www.youtube.com/watch?v=fZzswQaICfM> | Device with camera and connection to internet |