

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Learning goals</b>	I can develop my baseball/softball skills while at home	I can develop my throwing skills while at home	I will continue to work on improving my personal fitness	I will continue to work on improving my personal fitness	I will continue to work on improving my personal fitness
<b>Vocabulary</b>	Baseball/Softball Watch video <a href="https://www.youtube.com/watch?v=vjUHSgdzWJo">https://www.youtube.com/watch?v=vjUHSgdzWJo</a>	Baseball/softball Watch video <a href="https://www.youtube.com/watch?v=Gd5kuhG05B8tch">https://www.youtube.com/watch?v=Gd5kuhG05B8tch</a>	We are going to workout our heart. Make a fist with one hand, this is the size of your heart. Now bend the same arm at the elbow and feel the muscle in your upper arm. Your heart is a muscle too and we need to exercise every day to help all our muscles stay STRONG and HEALTHY.	Watch the video about the circulatory system <a href="https://youtu.be/AAdkSSW5L2M">https://youtu.be/AAdkSSW5L2M</a>	Watch the video about Heart Rate <a href="https://youtu.be/lyjfx47HTLQ">https://youtu.be/lyjfx47HTLQ</a>
<b>Warm-up</b>	Let's Dance Watch and copy <a href="https://youtu.be/eVkXTSBGRU0">https://youtu.be/eVkXTSBGRU0</a>	Let's Warm-up <a href="https://drive.google.com/open?id=1ZmQfUvTxKErIKc-tBko2DjRrdti8bu0A&amp;authuser=0">https://drive.google.com/open?id=1ZmQfUvTxKErIKc-tBko2DjRrdti8bu0A&amp;authuser=0</a> Do letters A-M	Let's Dance Watch and copy <a href="https://youtu.be/40uEcTuqlvM">https://youtu.be/40uEcTuqlvM</a>	Let's Dance Watch and copy <a href="https://youtu.be/LgPtJ0pTutC">https://youtu.be/LgPtJ0pTutC</a>	Let's Dance Watch and copy <a href="https://youtu.be/DMb-Fhvdiso">https://youtu.be/DMb-Fhvdiso</a>
<b>Activity</b>	<b>CATCHING</b> <b>CUES: (refer to the image below)</b> <b>Knees bent,</b> <b>Arms in front</b> <b>Hands down near the ground</b> <b>Trap the ball like an alligator chomping</b> <a href="https://drive.google.com/open?id=1aIFMKtE-qoqZJ-93pfQZ6VzfObAQb_k3&amp;authuser=0">https://drive.google.com/open?id=1aIFMKtE-qoqZJ-93pfQZ6VzfObAQb_k3&amp;authuser=0</a>  <b>Watch video</b> <a href="https://www.youtube.com/watch?v=JdZG1-lvSIk">https://www.youtube.com/watch?v=JdZG1-lvSIk</a>  <b>Start on your knees, roll the ball to a partner or wall. 10x (work on watching the ball into your hands and alligator grab). Repeat.</b>  <b>Next, stand up make sure you bend your knees and continue rolling the ball back and forth 10x. Refer back to the video to make sure you are doing all the steps needed to successfully catch a ground ball. Repeat.</b>	<b>Throwing</b>  <b>Watch video</b> <a href="https://www.youtube.com/watch?v=l8oP5ACQna4">https://www.youtube.com/watch?v=l8oP5ACQna4</a>  <b>Practice throwing and catching with partner, against wall or into couch. 20x</b>  <b>With household items, furniture, toys, buckets, pots and pans, laundry basket, tubberware (be creative). Set items at different distances and heights (on chairs) and use different size objects such as paper balls, fruit snack bags, whiffle ball and sock ball (regular ball if outdoors) to throw overhand into each item. Have someone else get the balls and throw it back to you. Remember, pinkies below the belly, thumbs above the belly.</b>  <b>Challenge: add points to each of the baskets, add up all the points of the baskets you make and see what your score is. Repeat, see if you can beat your score or your partners score. You can give smaller baskets higher points, larger baskets less points. Another example for older students would be to multiply the points instead of adding. Can also minus points with the baskets you did not make.</b>	<b>52 Pick-up Workout Deck of cards (if no cards DIY- create your own deck of cards with paper and crayons).</b>  <b>RED= Jumping Jacks</b> <b>BLACK= Air Squats</b>  <b>The number on the card represents how many you will do.</b> <b>J,Q,K,A =11</b> <b>The color of the card will represent which exercise you will do.</b>  <b>-Throw all the cards on one side of the room.</b> <b>-Go to the other side of the room (starting point).</b> <b>-You will run toward the cards and pick one up, skip back.</b> <b>- Look at your card, place card down, do the task. Example- 9 of hearts, 9 Jumping Jacks.</b> <b>-Continue until you have 15 cards or</b>	<b>Activity Bingo Challenge</b>  <b>How to play:</b> - Print out the activity bingo card (attachment below) before the activity begins( if no printer, you can copy it on a piece of paper) -There are different activities, such as jumping jacks and toe-touches, from the fitness checklist (Below). -Complete the activity that corresponds with the letter and number. -Place a coin on the space and continue until you have 5 coins in a row for BINGO Challenge yourself and complete the whole card. ENJOY!!!  <b>CHECKLIST</b> (look at your card and find the letter and number, do the exercise, place coin on the space.  T12      10 SIT-UPS I6      STAND UP , SIT DOWN 10X F4      Clap in front, clap behind your back 8X O22      10 air squats G19      10 left handed jabs (air punches) I8      Clap your hands under your knees 12x F2      10 Knee slaps	<b>"Keep it moving" Board Game</b>  <b>1. Print out "PE Board Game" at the bottom of the page.( if you don't have access to a printer you can easily copy the board game on a piece of paper).</b> <b>2. One Di (no di, write each number (1-6) on 6 pieces of paper, turn face down and draw a number that way.</b> <b>3. A game piece for each player. (Different coins, different colored small items to move).</b> <b>4. Follow the directions on the game board.</b> <b>5. Make it a FAMILY game night and play more than one game. HAVE FUN!!!</b>  <b>*Challenge- Follow the directions on the game board plus add 10 air squats when you land on a space with non-written directions.</b>

	<p>Challenge- See how many times you and your partner/wall can catch the ground ball without missing it. Do a second time and see if you can beat your score.</p>		<p>challenge yourself and see if you can do more.</p>	<p>T13 Hop on your left foot 10 times  O23 10 air squats  I10 Crab walk the length of the room  F3 Run for 10 seconds around your house  G17 Run in place for 30 seconds  I7 10 Air squats  F1 Jump 5x  O25 Touch your toes 10X (keep legs straight)  I9 Balance on your right foot for 10 seconds  F5 Balance on you left foot for 10 seconds X  G20 10 Arm circles forward  T11 8 Jumping Jacks  G18 10 arm circles backward  T15 5 second planks  O24 Pretend you are playing the drums for 15 seconds  T14 10 right handed jabs  G16 Knees and touch the floor, stand up. Repeat 6X  O21 Hop on your right foot 6X</p>	<p><a href="https://drive.google.com/open?id=1wP2kJSOfPtgxXCf2ZIsPVTFmUKWbTJx9&amp;authuser=0">https://drive.google.com/open?id=1wP2kJSOfPtgxXCf2ZIsPVTFmUKWbTJx9&amp;authuser=0</a></p>
Mindful Meditation	<p>Cool Down</p> <p><a href="https://youtu.be/2PcCmxEW5WA">https://youtu.be/2PcCmxEW5WA</a></p>	<p>Cool Down</p> <p><a href="https://youtu.be/n-4oQEfVSeU">https://youtu.be/n-4oQEfVSeU</a></p>	<p>Cool Down</p> <p><a href="https://youtu.be/rC0m-HQcRU">https://youtu.be/rC0m-HQcRU</a></p>	<p>BINGO CARD</p> <p><a href="https://drive.google.com/open?id=11O85Y_QRQ4oQT9AW5xt0HFvU70iBUQzu&amp;authuser=0">https://drive.google.com/open?id=11O85Y_QRQ4oQT9AW5xt0HFvU70iBUQzu&amp;authuser=0</a></p>	<p>Cool Down</p> <p><a href="https://youtu.be/RbHL7kudeKg">https://youtu.be/RbHL7kudeKg</a></p>
Assessment	<p>After watching the video, Which team has the most world series wins? Watch video again if needed.</p>	<p>What did you notice about how each different size and weighed ball travels? Did you have to throw harder or softer from buckets at different distances?</p>	<p>How many cards were you able to do?</p>	<p>Did you complete the whole card?</p>	