

Max Aitken

K-2

Physical Education Home Learning for May 4th-8th

5 Day Rotation	Day 1	Day 2	Day 3	Day 4	Day 5
What we are doing today!	I can show balance and coordination while playing at home.	I can control by body while performing dances and activities.	I can throw and catch in self space.	I can transfer weight from one body part to another.	I can show movement concepts with family while dancing and playing for 60 minutes.
Skill we are learning!	BALANCE An even distribution of weight allowing you to stay upright and steady.	CONTROL To manage or regulate the movement or action of something.	SELF-SPACE The area around a person in where they are comfortable but feel uncomfortable if someone else enters.	DEMONSTRATE To show or perform an action for others to see.	DIRECTION One of the ways the body can move in space (for example, forward, backward, right, left, up, down).
Warm-up	Pop See Ko	Hokey Pokey	Pop See Ko	Hokey Pokey	Pop See Ko
OPEN Home Activity	Locomotor and Manipulatives Card Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 1	Locomotor and Manipulatives Card Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 2	Locomotor and Manipulatives Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 1	Locomotor and Manipulatives Card Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 2	Locomotor and Manipulatives Today we're going to have fun exploring movement with Beans Bag or Sock Balls. Find some safe and grab a family member. Complete Part 1
Daily Fitness Activity (link for this attached)	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #1 Perform with parents following the peer coaching cards. Sun Salutation #1	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. Yoga Flash Cards	Sun Salutation #2 Perform with parents following the peer coaching cards. Sun Salutation #2	Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec. Yoga Flash Cards
Assessment(s)	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log	Physical Activity Log

If you have pictures of your child completing daily workouts please send them to ryan.flynn@nbed.nb.ca to be posted on our "Take it the Max" portion of the website.