**ACTIVE HOME PHYSICAL EDUCATION: K-2 Locomotor and Manipulatives**

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| **5 Day Rotation** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| “I can” Goals | 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. |
| Academic  Language  for Today | **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](https://family.gonoodle.com/activities/pop-see-ko) | [Hokey Pokey](https://family.gonoodle.com/activities/hokey-pokey) | [Pop See Ko](https://family.gonoodle.com/activities/pop-see-ko) | [Hokey Pokey](https://family.gonoodle.com/activities/hokey-pokey) | [Pop See Ko](https://family.gonoodle.com/activities/pop-see-ko) |
| Home Activity | [**Locomotor and Manipulatives Card**](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf)  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](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf) | [**Locomotor and Manipulatives Card**](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf)  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](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf) | [**Locomotor and Manipulatives**](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf)  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](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf) | [**Locomotor and Manipulatives Card**](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf)  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](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf) | [**Locomotor and Manipulatives**](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf)  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](https://openphysed.org/wp-content/uploads/2015/02/P-03-4d-LMS-BeanBagActivityCard.pdf) |
| Daily Fitness Activity | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| Mindfulness | Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) | Sun Salutation #1 Perform with parents following the peer coaching cards.  [Sun Salutation #1](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) | Sun Salutation #2 Perform with parents following the peer coaching cards.  [Sun Salutation #2](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Choose three poses to perform with parents. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) |