**ACTIVE HOME PHYSICAL EDUCATION: LOCOMOTOR AND MANIPULATIVES K-2**

Complete the activity with a family member.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I can be actively engaged at home for 60 minutes every day. | I can control a ball in safely different ways. | I continue to show effort when I’m active at home. | I can control a ball with different amounts of force. | I can explain how my body will move in relationship to a ball. |
| **Today’s Vocabulary** | **ACTIVELY ENGAGE**To participate in an activity with genuine interest and a desire for excellence. | **DIRECTION**One of the ways the body can move in space (e.g. forward, backward, right, left, up, down, clockwise, counterclockwise). | **EFFORT**(movement concept) How the body moves and uses time, force and flow. | **MANIPULATIVE SKILL**A movement done to or with objects such as throwing, striking, and catching. | **RELATIONSHIP**In physical education, this refers to how two objects or people are associated with one another (e.g. above/below). |
| **Warm-Up Activity** | [Get Up](https://family.gonoodle.com/activities/get-up)(GoNoodle) | [Turn Up The Bass](https://family.gonoodle.com/activities/turn-up-the-bass)(GoNoodle) | [Get Up](https://family.gonoodle.com/activities/get-up)(GoNoodle) | [Turn Up the Bass](https://family.gonoodle.com/activities/turn-up-the-bass)(GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity** | **Activity 1:** Hand Skill ChallengesP1: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)Can you do each skill 10x with a ball or sock ball.  | **Activity 2:** Hand Skill ChallengesP2: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)Can you do each skill 10x with a ball or sock ball. | **Activity 3:** Hand Skill ChallengesP1: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)Can you do each skill 15x with a ball or sock ball. | **Activity 4:** Hand Skill ChallengesP2: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)Can you do each skill 15x with a ball or sock ball. | **Activity 5:** Hand Skill ChallengesAll: [Locomotor and Manipulatives Card](https://openphysed.org/wp-content/uploads/2015/02/P-03-4e-LMS-HandSkillsActivityCard.pdf)Can you do each skill 10x with a ball or sock ball. |
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| **Mindfulness** | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)(GoNoodle) | [Relieve Anxiety](https://family.gonoodle.com/activities/relieve-anxiety)(GoNoodle) | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)(GoNoodle) | [Relieve Anxiety](https://family.gonoodle.com/activities/relieve-anxiety)(GoNoodle) | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)(GoNoodle) |
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