

ACTIVE HOME PHYSICAL EDUCATION: LOCOMOTOR AND MANIPULATIVES K-2

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I can use locomotor skills safely at home with noodles.	I can balance in self space showing levels and directions.	I can control my movements to complete scarf activities in personal space.	I can move my scarf through different levels while completing tasks.	I can demonstrate different pathways with equipment.
Today's Vocabulary	LOCOMOTOR SKILL A type of movement used to get from place to place.	BALANCE An even distribution of weight which allows someone or something to stay upright and steady.	CONTROL To manage or regulate the movement or actions of something.	LEVEL Position of the body or its parts in relation to the floor, a person, or a piece of equipment.	PATHWAYS Routes of movement in space: straight, curved, zigzag, or a combo of the three.
Warm-Up Activity	Too Hot (GoNoodle)	Empire State (GoNoodle)	Don't Sit Down (GoNoodle)	Milkshake (GoNoodle)	Clap It Out (GoNoodle)
Learning Focus Activity	Activity 1: Locomotor Part 1: Noodle Activity Card Can you complete each task with a pool noodle or paper towel tube? Optional Video	Activity 2: Relationships Part 2: Noodle Activity Card Can you complete each task with a pool noodle or paper towel tube?	Activity 3: Manipulatives Part 1: Juggling Scarf Card Can you complete each task with a scarf or grocery bag?	Activity 4: Manipulatives Part 2: Juggling Scarf Card Can you complete each task with a scarf or grocery bag? Optional Video	Activity 5: Choose Your Own Challenge Pick your favorite workout from the Juggling Scarf or Noodle Activity Card.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞

ACTIVITY CARD

NOODLES

Activity Name	Description	Outcome Focus
PART 1		
Tracks	<ul style="list-style-type: none"> Be an elephant. The noodle is your trunk. Walk slowly staying in personal space – including your trunks! Be a dinosaur. Noodle is a snout. Jog in open space. Unicorns! The noodle is a horn. Use a fast-tempo gallop. 	Space Tempo
Move It, Move It	<ul style="list-style-type: none"> Lay noodle down and skip around it. (Curved) Hop along the side of the noodle. (Straight) Leave noodle on floor. Jump to a new noodle. (Zig-zag) Leap over your new noodle. (large & small extensions) Side-slide far away from your noodle (near vs. far). 	Locomotor Skills Pathways Extensions
Balancing Act	<ul style="list-style-type: none"> Balance the noodle horizontally on any body part at a low level; medium level; high level. Balance the noodle on the ground horizontally to make a wide statue; balance it vertically to make a narrow statue. 	Levels Narrow/Wide
Motocross	<ul style="list-style-type: none"> The noodles are handle-bars. Open space is your race course. Follow directions to score points. Travel through mud (bound), and now on dry land (free). Teacher says: forward/backward; right/left; up/down; clockwise/counterclockwise. 	Flow (bound/free) Directions
Gymnast	<ul style="list-style-type: none"> With noodle laying down, transfer weight over the noodle. Make plank position under the noodle. Stretch and hold the noodle far away from your body. Hold the noodle near the body and twist around it. 	Relationships Non-Manipulative
PART 2		
Mirror This	<ul style="list-style-type: none"> Teacher leads students through a fun “workout.” Students copy (mirror) the teacher’s movements. Pick 2-3 students to lead. Students match student leaders. Facing a partner, take turns leading and following a variety of stationary movements using the noodles. 	Relationships
Falling Down	<ul style="list-style-type: none"> Facing a partner. One partner balance the noodle (vertically) on palm of the left hand. The other partner counts down, “3,2,1,” and then tries to catch their partner’s noodle before it falls to the ground. 	Relationships Cooperation
The Rocket	<ul style="list-style-type: none"> Students hold noodle in a loose grip 6” from the bottom. Empty hand is open below the noodle with palm flat. Count down 5,4,3,2,1 and strike the bottom of the noodle to underhand volley it in the air. Student try to catch it before it hits the ground. 	Volley (underhand) Catching
Hockey	<ul style="list-style-type: none"> The long noodles are hockey sticks and the small noodles (or fluff balls) are pucks. Skate around the floor stick-dribbling the pucks with the noodle sticks. 	Manipulative (long handle)
Clean the Locker Room!	<ul style="list-style-type: none"> Divide class in half. One team per side. On “Go” each team uses hockey skills to clear all of the small noodles from their side. 	Manipulative (long handle)
Noodle Tag	<ul style="list-style-type: none"> This is a 1v1 (no running) tagging game. Facing a partner, students attempt to tag their partner’s foot with the noodle. The first partner to three points wins. 	Responsibility

ACTIVITY CARD

JUGGLING SCARF

Activity Name	Description	Outcome Focus
PART 1		
Shapes & Directions	<ul style="list-style-type: none"> Scarf in front of body, make giant clockwise circles. Scarf over head, make small counterclockwise circles. Scarf out to the right side, make a square. Scarf out to the left side, make a triangle. Switch hands and repeat all of the above. 	Understands Directions and Relationships with Objects
Locomotor Moves	<ul style="list-style-type: none"> Scarf like a horse's tail, gallop in open space. Scarf scrunched like a rabbit's tail, jump in open space. Fold in half like a deer's short tail, leap in open space. Scarf long like a cheetah's tail, run in open space. 	Performs Locomotor Skills
Levels	<ul style="list-style-type: none"> Waive scarf at a high level, skip in open space. Waive scarf at a medium level, side-slide in open space. Waive scarf at a low level, walk in open space. 	Travels Demonstrating Low, Middle, and High Levels
Pathways	<ul style="list-style-type: none"> Hold scarf in front, draw a straight pathway in the air. Draw a curved pathway like a rainbow. Draw a zig-zag pathway. Now use each of these pathways to march in open space. 	Travels in 3 Different Pathways
Letters & Numbers	<ul style="list-style-type: none"> The scarf is a pen. Write the letters of the alphabet in the air. Write words from our word wall. Write numbers. Write the answers to math questions that I ask. 	Academic Integration
Tail Tag	<ul style="list-style-type: none"> Tuck scarf 2 or 3 inches into your belt loop or waistband. On the start signal, try to pull off others' tails without your tail being pulled. If you pull a tail, hand it right back to the person you pulled it from. They will do 5 jumping jacks and then get right back in the game. Start at a speed walk pace (can progress to a run). 	Demonstrates Locomotor Skills Using Mature Patterns
PART 2		
Toss & Catch	<ul style="list-style-type: none"> Experiment with different ways of tossing and catching 1 scarf (e.g., low/high, different body parts, spin and catch). Move to the rhythm of the music. 	Moves in Self-Space in Response to a Rhythm
Toss Two	<ul style="list-style-type: none"> Hold 1 scarf in each hand. Experiment with different ways of tossing and catching 2 scarves. Move to the rhythm. 	Moves in Self-Space in Response to a Rhythm
Partner Mirror	<ul style="list-style-type: none"> Face a partner. One partner is a performer, the other is a mirror. Emphasize slow and controlled movements. Move to the rhythm. 	Differentiates Between Self and General Space
Partner Lead	<ul style="list-style-type: none"> It's a 2 person parade. Line up and then follow the leader in the activity area. Waive each scarf like a flag. Move to the rhythm. On signal, change locomotor skills. 	Moves in General Space/Combines Locomotor Skills to a Rhythm
Partner Juggle	<ul style="list-style-type: none"> Face each other. Start with 1 scarf each. Both partners toss across to each other at the same time. Progress to 2 scarves each. Move to the rhythm. 	Moves in Self and General Space to a Rhythm
Group Juggle	<ul style="list-style-type: none"> In groups of 3 to 5, each student with 1 scarf. On start signal, toss to the student on your right. Quickly catch the scarf coming from your left, then repeat. Move to the rhythm. 	Moves in Self and General Space to a Rhythm

Name:	Teacher:
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Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Using an old container, gather soil, and plant flowers seeds.
	14	Do as many squats as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform squat-jumps while naming the continents.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of MVPA. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many curl-ups as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.

