

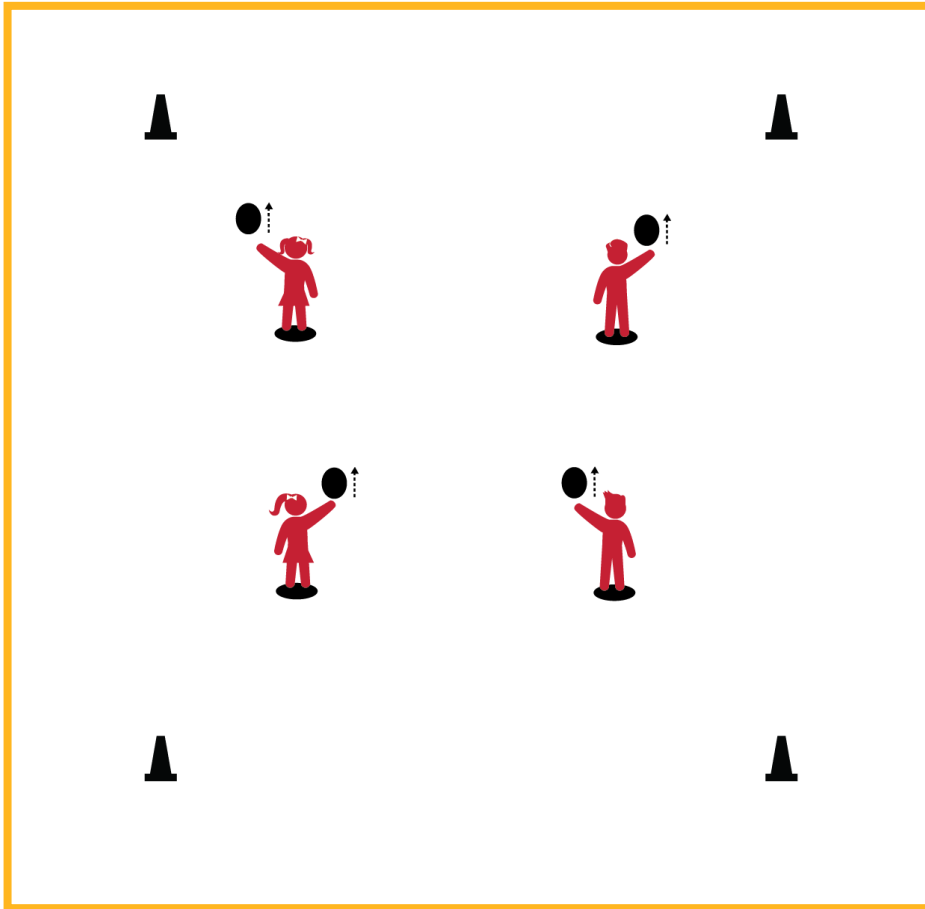


**ACTIVE HOME PHYSICAL EDUCATION: VOLLEYING AND STRIKING K-2**

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
<b>My Learning Goals</b>	I can control the force of my strikes when volleying and striking objects.	I can be accurate when striking an object toward a target.	I can control my movements while completing volleying activities in personal space.	I can apply light force while volleying with family members.	I can demonstrate the skills I've practiced throughout the week.
<b>Today's Vocabulary</b>	<b>FORCE</b> Strength or power used to move or control an object.	<b>ACCURATE</b> Successfully reaching an intended target.	<b>CONTROL</b> To manage or regulate the movement or actions of something.	<b>LIGHT</b> Using or applying small amounts of pressure or force.	<b>PRACTICE</b> To perform an activity or exercise regularly in order to improve or maintain skill.
<b>Warm-Up Activity</b>	<a href="#">Footloose</a> (GoNoodle)	<a href="#">Fresh Prince</a> (GoNoodle)	<a href="#">Jump</a> (GoNoodle)	<a href="#">Kidz Bop Shuffle</a> (GoNoodle)	You choose your favorite warm-up!
<b>Learning Focus Activity</b>	<b>Activity 1:</b> Volleying & Striking <a href="#">Keep It Up</a> Can you keep a balloon, zip lock bag with air or sock ball in the air?	<b>Activity 2:</b> Volleying & Striking <a href="#">Bull's Eye</a> Can you under volley balloon, zip lock bag with air or sock ball in a target (hoop or laundry bin)	<b>Activity 3:</b> Volleying & Striking <a href="#">Air Ball</a> Can you keep a balloon, zip lock bag with air or sock ball in the air with a family member?	<b>Activity 4:</b> Volleying & Striking <a href="#">Paddle It Up</a> Can you keep a balloon, zip lock bag with air or sock ball in the air with a paddle, magazine or book?	<b>Activity 5:</b> Choose Your Own Challenge Pick your favorite activity from the week.
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Refocus</b>	<a href="#">Melting</a> (GoNoodle)	<a href="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</a> (GoNoodle)	<a href="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</a> (GoNoodle)
<b>Did I log my total activity time?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>
<b>How am I feeling today?</b>					

# KEEP IT UP

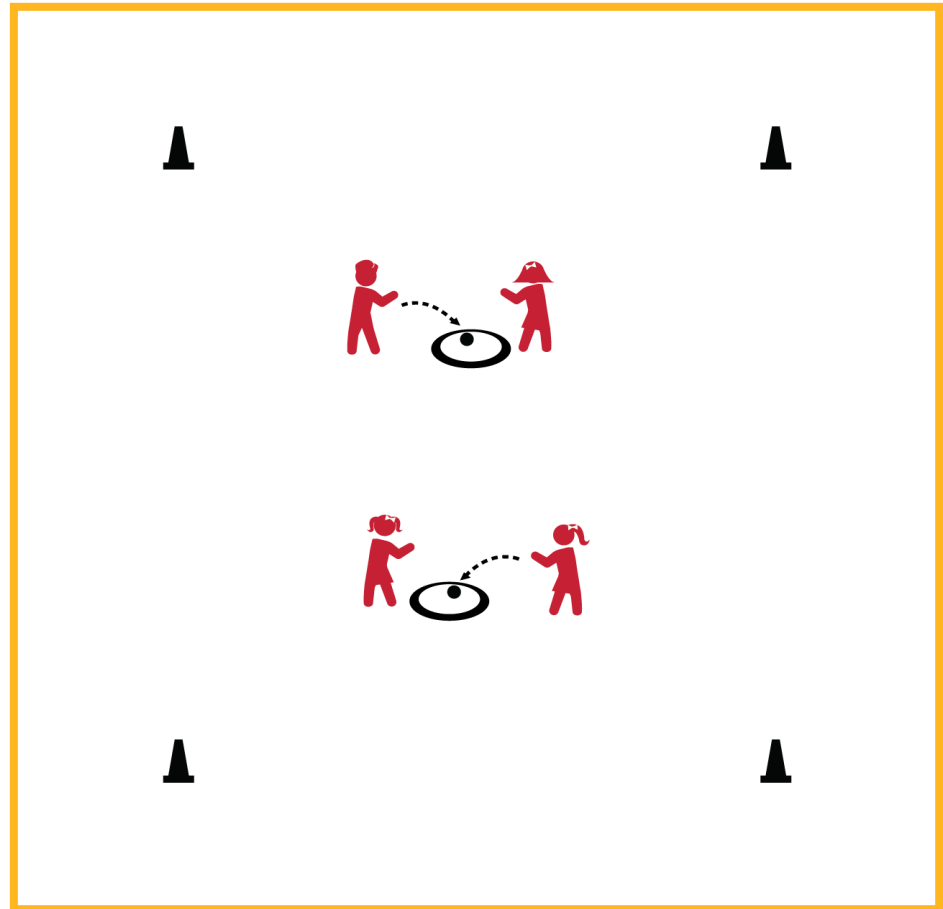


- 1.** Strike the balloon straight up with your palm.
- 2.** How many strikes can you make without the balloon hitting the floor?

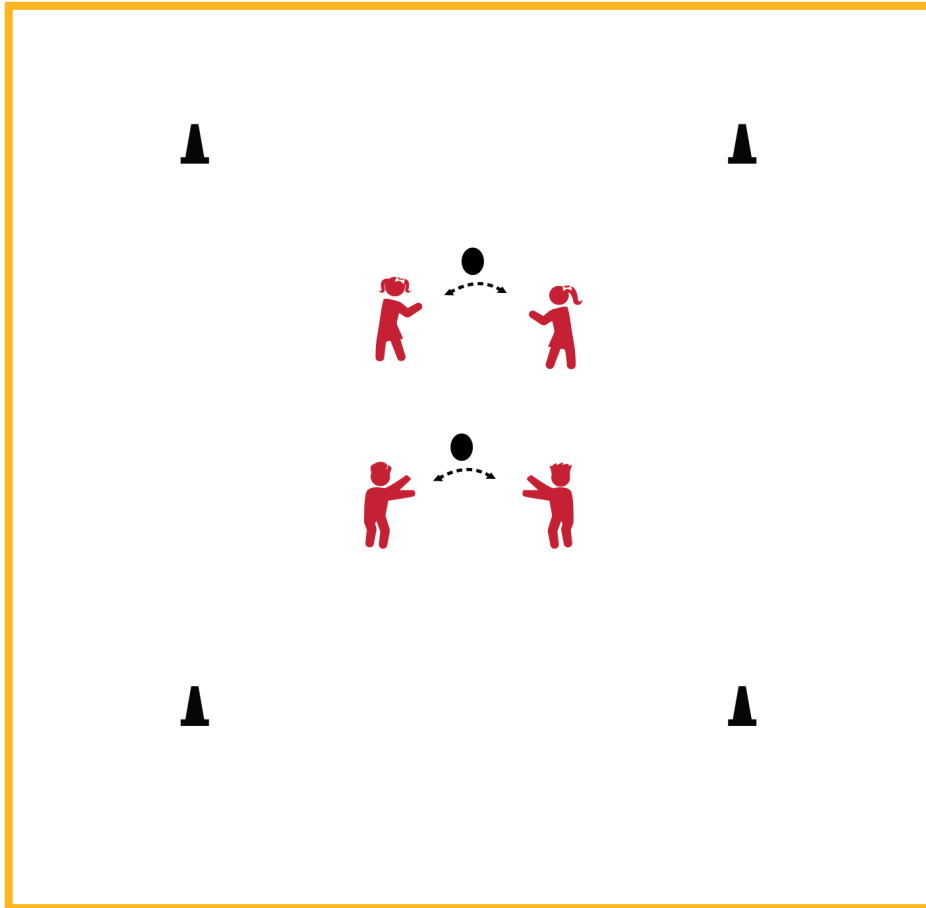


# BULL'S EYE

- 1.** Underhand serve the ball so that it lands in your hoop.
- 2.** Attempt 3 serves, then switch with your partner.



# AIR BALL

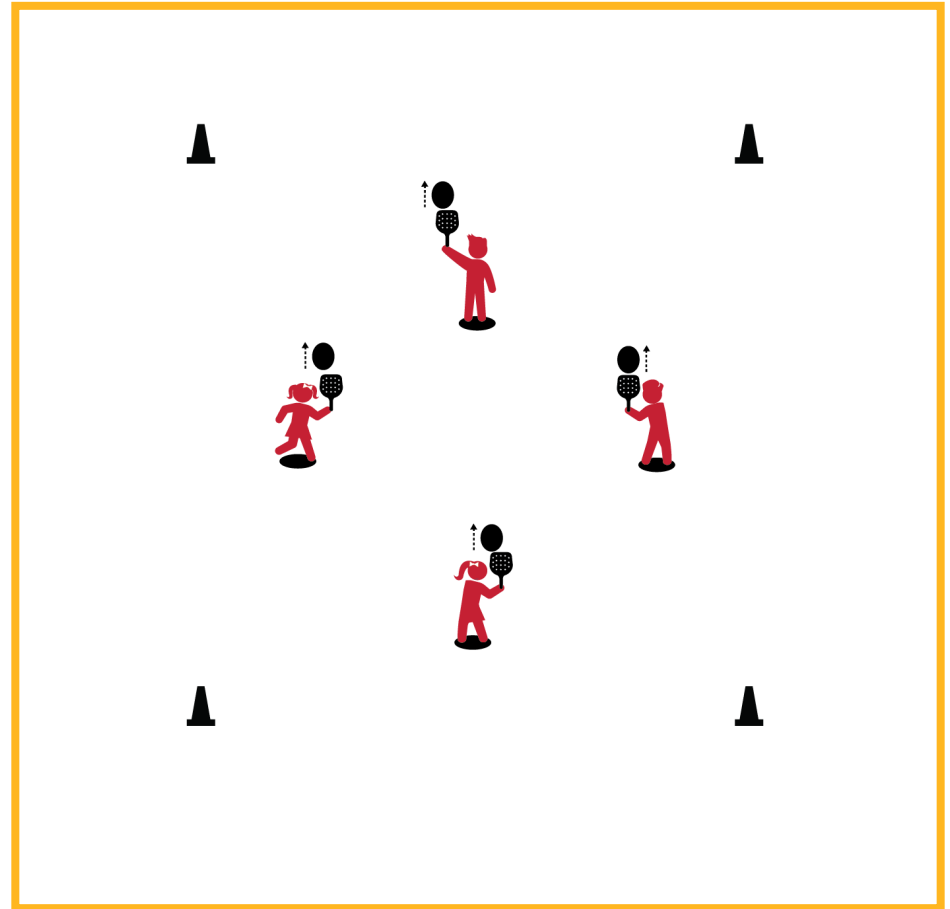


- 1.** Work with your partner to keep the balloon in the air as long as you can.
- 2.** If the ball hits the floor, pick it up and start again.



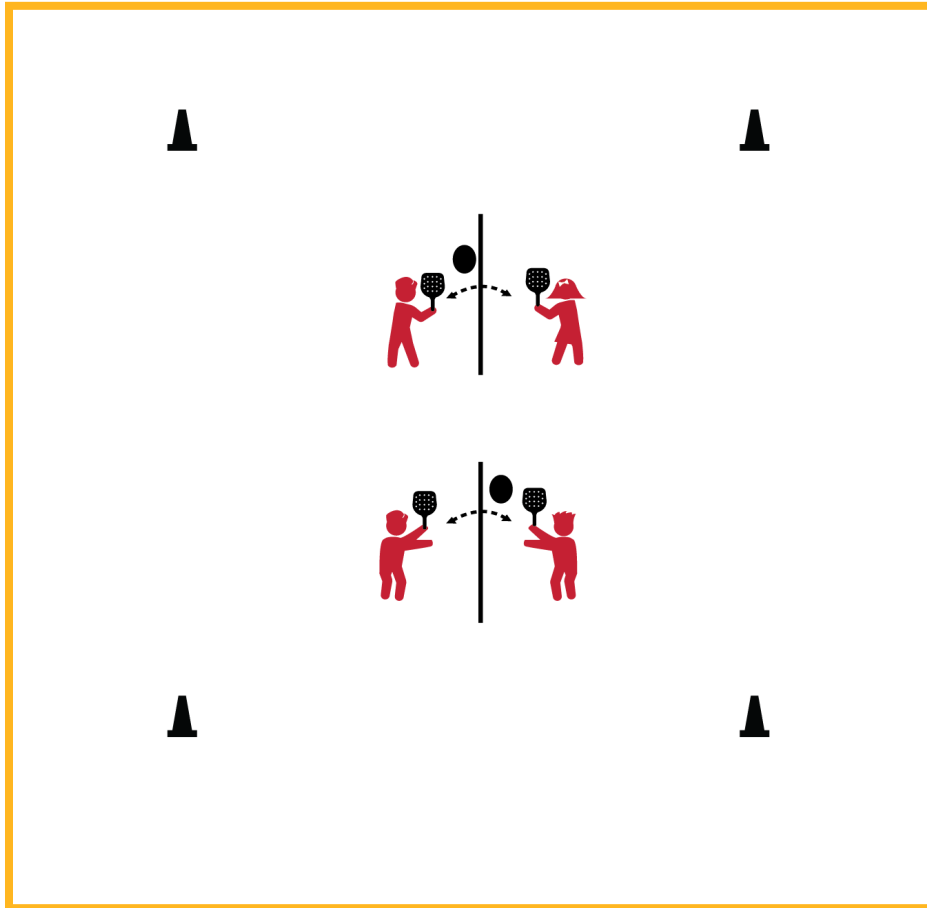
# PADDLE IT UP

- 1.** Use a paddle to keep the balloon in the air.
- 2.** How many hits can you make without letting the balloon hit the ground?



# NET BALL

w/paddle



- 1.** Work with your partner to send the balloon back and forth over the jump rope.
- 2.** Take turns starting play with an underhand serve.



# APRIL

## DEAM Calendar Drop Everything And Move

**SPRING**  
into action

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

**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.

