Digital Learning

Physical Education

Choose one or more of the following activities.

3 - 5

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| Draw a picture of each step of an overhand throw. Describe each step. | Laundry Basketball  Roll up a pair of socks and practice your basketball shooting using the laundry basket as your target.  Practice from different distances. Can you make 8 of 10 shots? |
| Have your parent search for a physical activity at [www.gonoodle.com](http://www.gonoodle.com) (free to sign up).  Participate with 1 or more videos for at least 10 minutes.  Which video did you choose? | Describe your favorite activity/game we have done in Physical Education this year!  Why was it your favorite?  What have you learned new in PE this year that was difficult in the beginning?  Can you practice that activity at home or in your community? |
| Play on Kahoots <https://play.kahoot.it/#/k/523e6d41-0ed1-4b1e-b547-bdc1c64e5fd5>  How did you do? | Perform the activities, report your heart rate on the Data Table and answer the questions.  <https://classroom.kidshealth.org/classroom/3to5/body/systems/cardiovascular_handout1.pdf> |