Digital Learning

Physical Education

Choose one or more of the following activities.

K - 2

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| Draw a picture of each step of an underhand throw. Describe each step. | Laundry Basket Throw  Roll up a pair of socks and practice your underhand throw using the laundry basket as your target.  Practice from different distances. Can you make 8 of 10 throws? |
| 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? |