**Barnwell Elementary PE**

**Week of April 13 - 17**



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|  | **Grades 3 - 5** | Grades K – 2 (optional) |
|  | Use these assignments as a creative outlet from your core assignments.  If you would like to share your activities, we would love to see them. You can send pictures of yourself via email or upload to Seesaw! | Use these assignments as a creative outlet from your core assignments.  If you would like to share your activities, we would love to see them. You can send your projects via email or upload to Seesaw! |
| **Choice 1** | [Jump Rope Skills](https://openphysed.org/wp-content/uploads/2020/03/ActiveHome_3-5_Week2-Packet.pdf) This choice offers a 5 day plan. You may choose to do only Day 1 and Day 2 for PE purposes. Perform all activities down the column for the day’s activities. It should only take about 20 – 25 minutes to complete. *Since we should be physically active most every day, challenge yourself to complete all 5 days.* |  [Locomotor and Manipulatives](https://openphysed.org/wp-content/uploads/2020/03/ActiveHome_K-2_Week3.pdf)Choice 1: This choice is for use with a **pool noodle** or a paper towel tube. Click on the link above to follow Day 1 and Day 2 Activity plan.Optional [Video](https://www.youtube.com/watch?v=LgMohkixc2I&feature=youtu.be) used with Day 1 |
| **Choice 2** | [**Soccer Skills**](https://openphysed.org/wp-content/uploads/2020/03/ActiveHome_3-5_Week3.pdf)This choice offers a 5 day plan. You may choose to do only Day 1 and Day 2 for PE purposes. Perform all activities down the column for the day’s activities. It should only take about 20 – 25 minutes to complete. *Since we should be physically active most every day, challenge yourself to complete all 5 days.* | [Locomotor and Manipulatives](https://openphysed.org/wp-content/uploads/2020/03/ActiveHome_K-2_Week3.pdf)Choice 2: This choice is for use with a scarf. If you do not have a **scarf**, use a plastic grocery bag. Click on the link above and follow day 3 and day 4 for your 2 PE days. |
| **DEAM** **April Calendar** | **D**rop **E**verything **A**nd **M**ove [April Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf)See how many of the activities you can do during the month of April. Check off each day that you complete the activity. If you miss a day’s activity, do it on a different day. Just move as much as you can and have fun doing it. | **D**rop **E**verything **A**nd **M**ove [April Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf)See how many of the activities you can do during the month of April. Check off each day that you complete the activity. If you miss a day’s activity, do it on a different day. Just move as much as you can and have fun doing it. |