

# P.E. Chart K-2

See how many squares and activities you can cross off.

♥ Mrs. Cherry

<p>Look at the calendar. Whatever the number of the date is, do that number of activities. Ex: If it is the 23<sup>rd</sup>, I would do 23 of each.</p> <ul style="list-style-type: none"> <li>• Jumping jacks</li> <li>• Sit ups</li> <li>• Touch your toes</li> <li>• March with high knees</li> </ul>	<p><b>Sardines</b> is hide-and-peek backwards. Pick a home base, like the couch. The <b>IT</b> player hides, while everyone else counts to 100. As each player finds the IT player, they squeeze into the hiding space with them. When the last player finds the hiding sardines, everyone races to home base. The last player back becomes <b>IT</b> for the next game.</p>	<p>Go outside with your family for a family game/activity.</p>
<p><b>Secret Agent Training:</b> Use painters' tape to attach multiple strings or yarn to the walls in the hallway. Make x's and other shapes. The goal is to get from one end of the hallway to the other end without your body touching any of the obstacle course (string or yarn). No touchy!</p>	<p>Practice bouncing a ball with your right hand and then your left hand. With a partner learn how to bounce pass a ball and catch it.</p>	<p><b>Grab the Gorilla:</b> one player is the blindfolded gorilla and one player is the blindfolded zoo keeper. This is played around a table. Each player keeps their hand on the table so they have a guide. The zookeeper is trying to tag the gorilla to get him/her back in the zoo. Each player tries to fool the other. Please be safe and soft with this game. ☺</p>
<p><b>Umbrella Catch:</b> Open an umbrella and turn it upside down. Using a softer ball, players stand 10 feet away and toss the ball into the bowl of the umbrella. The ball must stay in the bowl of the umbrella for a point. If it bounces out, no point. First player to 10 wins.</p>	<p>Jump roping can be fun but challenging at first. If you have a hula hoop, bring the hoop over your head and then jump through the hoop to get the idea. After you master jumping with the hula hoop, see if you can master jump roping.</p>	<p>Make up a game! How many players do you need? What items do you need to play your game? What is the goal of your game? What is your game called?</p>