

Adapted PE: Week 1 Elementary

Warm-Ups

- **Exercises**
 - Arm Circles
 - Forward & Backward
 - Blast Offs
 - Slowly bend knees and squat down while counting 5-4-3-2-1-Blast off (jump up)!
 - Washing Machines
 - Side twists
 - Wall Push-Ups

Locomotor Activities

1. Running

- a. Have your child stand by a bowl of cotton balls (or other small toys, objects) and pick up one cotton ball. Then have them **run** to another bowl that is 20 or more feet away and place the cotton ball in the bowl. Run back and repeat!
- b. Your child can do this same activity with other Locomotor skills such as **Galloping** and **Skipping**!

Object Control Activities

1. Throwing

- a. **Under/Overhand:**
 - i. Use a laundry basket, storage container or large bucket and have your child **under/overhand throw** rolled up pairs of socks, stuffed animals, bean bags or small nerf balls into the container.
 - ii. Create a pyramid made of plastic disposable cups. Depending on your child's ability, have your child stand 5 to 20 feet away from the cups and **overhand throw** any of the items listed above to knock down the cups.