



Elem PE Virtual Learning

**2nd Grade**

**April 6-10, 2020**



## 2nd Grade PE

Lesson: April 6th-10th

### **Learning Target:**

Students will work on hand/eye coordination while juggling.

## **Background: This is a review lesson from 2nd Grade**

- I can demonstrate manipulatives skills using various equipment.

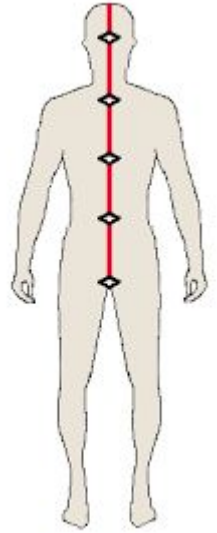
### **Safety:**

#### **Be Safe and Be Supervised**

As with all physical activities, make sure you find enough space to perform safely. Always ask parents for permission before performing any activities.

## Let's Get Started:

- Check where is your “Midline of your body”?
  - Start at top of forehead
  - Draw imaginary line down with finger
  - Look at picture for example



- Warm-up: Touch opposite sides of body(Midline)  
Hand/Eye Coordination

- ❖ Suggestions: Can use produce/grocery bags, scarves, socks  
(Light objects can be used-Be Creative!)

Please watch to warm-up brain, hands and eyes!



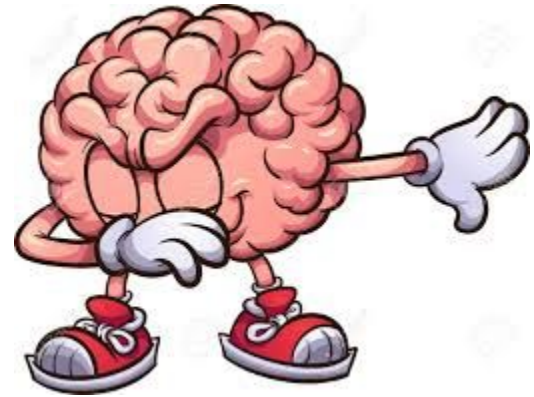
<https://www.youtube.com/watch?v=l-yxrC7cSCc>



<https://www.youtube.com/watch?v=wIkpNF-LRHE>

## Description:

- Juggling improves connections within the brain
  - Crossing midline of body
  - Hand/Eye Coordination
  - Improves Reading Comprehension



# Activity:

- **Juggling:**

- ❖ Equipment Suggestions: Can use produce/grocery bags, scarves, socks

- (Light objects can be used-Be Creative!)

→ **Juggle 2 scarves:** Throw, Throw, Catch, Catch  
Please watch how to juggle 2 scarves



<https://www.youtube.com/watch?v=ve2FKNctOBg>

- ★ **Challenge of the day:**

→ **Juggle 3 scarves:** Throw, Throw, Catch, Throw, Catch, Throw.....  
Please watch how to juggle 3 scarves



<https://www.youtube.com/watch?v=uWiZ4fNqu5c>

- Closing:
- Do you know where your midline is at?
- Do you know at least one thing juggling helps improve?
- Can you juggle 2 scarves without dropping them?
- Did you challenge yourself by juggling 3 scarves?

- Self-Check:  
Go show someone in your home how to juggle 2 scarves.

1. Was this lesson?

- easy
- just right
- hard



2. Have a parent or sibling juggle with you!