



Elem PE Virtual Learning

**2nd Grade**

April 13-17, 2020



2nd Grade PE  
Lesson: April 13-17

**Learning Target:**

Students will work on hand/eye coordination while juggling 3 objects with cascade pattern.

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

- I can demonstrate manipulatives skills using various equipment.

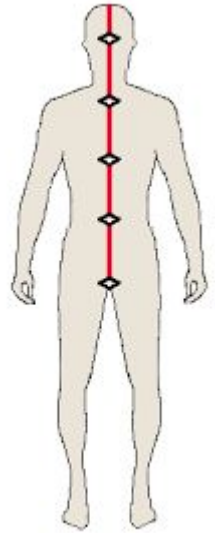
### **Safety:**

#### **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



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

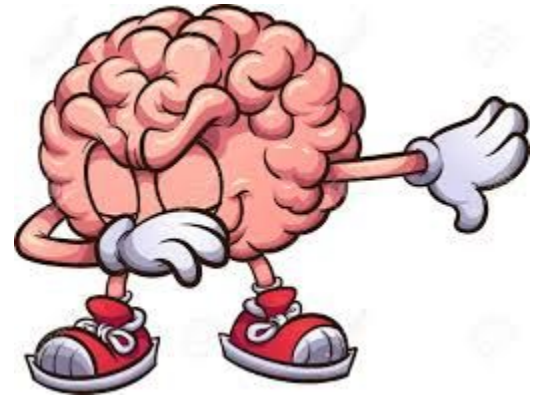
- Warm-up includes: Crossing midline and increases... hand/eye coordination
  - ❖ Suggestions for materials you can use: produce/grocery bags, scarves, socks - Lightweight objects can be used. *Be Creative!* Have these objects ready when you watch the videos.

[Scarf Activities - Crossing Midline](#)

[2 Scarf Juggling - Crossing Midline](#)

## Description:

- Juggling improves connections within the brain
  - Crossing Midline of Body
  - Hand/Eye Coordination
  - Reaction Time
  - Concentration
  - Tracking with your eyes
  - Improves Reading Comprehension



## Activity:

- **Juggling:**

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

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

- ❑ [3 scarf cascade pattern juggling](#)
- ❑ [Juggle Cascade Pattern-3 scarves](#)

★ **Challenge of the day:**

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

- ❑ [Juggle 3 balls](#)

- **Closing:**

- Do you know where your midline is?
- Do you know at least one thing juggling helps improve?
- Can you juggle Cascade Pattern with 3 scarves without dropping them?
- Did you challenge yourself by juggling 3 balls?

- Self-Check:  
Go show someone in your home how to juggle cascade pattern with 3 objects.

1. Was this lesson?

- easy
- just right
- hard



2. Have a parent or sibling juggle with you!