



# ADAPTED PE ESY RESOURCE CALENDAR

APE Lessons Taught by LAUSD APE Teachers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>29</b> Do you know how to play tic tac toe? In this lesson you will learn how to play tic tac toe while performing soccer skills! <a href="#">link</a> <a href="#">Soccer Tic Tac Toe</a>	<b>30</b> Let's play tic tac toe again! This time we'll use our hands instead of our feet. We'll play with an underhand toss. <a href="#">Tic Tac Toe Toss</a>	<b>1</b> Today we're playing war! This is a card game where you battle a friend and the highest card wins. We've added a fitness twist to the game. <a href="#">Fitness War</a>	<b>2</b> UNO! Let's play this card game in a new way. Different colors coordinate with different activities. Give it a try! <a href="#">Fitness Uno</a>	<b>3</b> Feeling Lucky? Roll the dice and see what you get! Today we are playing fitness dice. <a href="#">Fitness Dice</a>
	<b>WEEK 1 THEME: LEISURE GAMES</b>				
WEEK 2	<b>6</b> Make your own rings and toss to a target. You can make it as challenging as you want. Throw over an obstacle or around a tree... it's up to you! <a href="#">link</a> <a href="#">Nature Ring Toss</a>	<b>7</b> Kids, we're going on a bear hunt! Bigger kids, let's ZUMBA! <a href="#">Bear Hunt!</a> <a href="#">Outdoor Zumba</a>	<b>8</b> There are so many things in the outdoors that inspire us to move. What do you see when you go outside? Coach Lissy and Coach Vincent will show us what they see. <a href="#">In The Great Outdoors What Do I See?</a>	<b>9</b> Today you're going to design your own adventure. Use chalk to design an obstacle course outside to practice your locomotor movements on. <a href="#">Obstacle Course</a>	<b>10</b> Let's stretch in the great outdoors. Mr. Ma is going to lead us through some stretches and yoga movements. <a href="#">Nature Yoga</a>
	<b>WEEK 2 THEME: THE GREAT OUTDOORS</b>				
WEEK 3	<b>13</b> Relay races are fun, especially with water! You will practice your locomotor movements while trying to fill a cup with water from a sponge!! <a href="#">link</a> <a href="#">Sponge Relay</a>	<b>14</b> Are you ready for some fun in the sun? Let's go surfing today! All you need is your beach towel to ride the waves in this balance lesson. <a href="#">Surf Balance</a>	<b>15</b> In this lesson you will toss water balloons or bags at different targets! There are different challenges you can try! <a href="#">Water Balloon Skee Ball and Sight Words</a>	<b>16</b> STRIKE! Fill up some of your recyclables with water and knock them down. <a href="#">Water Bottle Bowling</a>	<b>17</b> You don't need to go to the gym to build those muscles! Try working out with water bottles or other household items. <a href="#">Water Bottle Weights</a>
	<b>WEEK 3 THEME: WATER PLAY</b>				
WEEK 4	<b>20</b> Did you know you can use any kind of basket to shoot a basketball? Watch the whole lesson to learn the legendary sky hook. <a href="#">link</a> <a href="#">Basketball Shooting</a>	<b>21</b> What team do you cheer for? Rams or Chargers?! Whoever you like, these football skills will get you trained to play like the pros. <a href="#">Football Throw</a> <a href="#">Football Skills</a>	<b>22</b> Future Dodgers and Angels let's hit some homeruns! Coach Josh will show you how to use some household items to help you with your striking skills. <a href="#">Ball Striking</a>	<b>23</b> Go LA Kings! Today we're going to learn some hockey skills. Dribble and shoot with a broom if you have one! <a href="#">Hockey</a>	<b>24</b> GOOOAAAALLLLL! LAFC and Galaxy fans unite to learn some soccer lead up skills. <a href="#">Soccer</a>
	<b>WEEK 4 THEME: LA SPORTS TEAMS</b>				