

## Physical Education -Kindergarten-2<sup>nd</sup>

Parents, Following is a physical education lesson for your child to do at home, including a physical activity log for you to sign. If you or your child need some exercise ideas you can go to: [darebee.com](http://darebee.com). A great source with explanations.

<b>Standards</b>	Standard 3: The physically literate individual achieves and maintains a health enhancing level of physical activity and fitness
<b>Learning Targets/I Can Statements</b>	I can exercise at home to improve my health.
<b>Essential Question(s)</b>	Do I exercise enough to keep myself healthy?
<b>Resources</b>	Fitness Log, (on back)
<b>Learning Activities or Experiences</b>	<p>The student will participate in their own fitness plan.</p> <p>Your workout needs to include the four following health fitness components:</p> <p>20 minutes <b>Cardiovascular Endurance</b> - examples: dance, walking, jogging, biking, marching, playing basketball, bouncing on trampoline</p> <p>5 minutes <b>Muscular endurance &amp; strength</b> -planks, push-up, curl-up, wall sits, tabletop,</p> <p>5 minutes <b>Flexibility</b> - stretching: straddle stretch, reach for toes with straight legs, bridge</p>

Dates \_\_\_\_\_

Date Week 1	Type of exercise	Time ( 30 minutes)	Parent Signature (ink only)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Monday			
Date Week 2	Type of Exercise	Time ( 30 minutes)	Parent Signature (ink only)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Name \_\_\_\_\_ Homeroom Teacher \_\_\_\_\_

Physical Education at Home Bingo

B	I	N	G	O
Do 12 Jumping Jacks during a commercial break for an entire tv show	Volley a balloon in personal space (or toss a ball)	Do a Two minute dance party	Talk to a relative about sportsmanship	Invent a game to play with strategies
Write down the healthy foods you eat in one day	Throw a ball with a friend for 10 minutes	Find a flight of stairs and walk it 3 times (or jog in place)	Do 20 sit ups or curl ups	Create a dance to your favorite song
Watch an episode of Cosmic Kids on Youtube	Dribble a soccer ball for 10 minutes (can use any ball)	Free Play a Game!	Call a classmate on the phone to check in	Dribble a basketball and practice counting in Spanish
Find an app that requires exercise	Stretch your legs for 5 min.	Jump rope 40 seconds and rest for 20 seconds (3 times) (can use invisible rope)	Do a plank and hold for 10 seconds. Rest and repeat 3 times)	Roll and go! Roll ball, run to get it, bring it back to your start point.
Watch an episode of Cosmic Kids on Youtube	Bowl a ball at objects to knock down	Balance while a commercial is on tv (airplane, tree pose, 5 point star)	Play toss, bounce, catch with a friend or family member	Go on a walk for 30 minutes and locate a rock, animal, and a plant during your walk

