

Kindergarten Physical Education E- Learning Activities

1. Complete the warm-up exercises:

- 10 Jumping Jacks
- 10 Squats
- 10 Lunges (don't let your knee touch the ground)
- 10 Push-ups (keep your body off the ground)
- 10 Mountain Climbers
- 10 Curl-ups (keep those hands flat, tuck your chin to your chest and get your shoulders off the floor)
- Jog in place for 60 seconds (keep those knees high)

2. If you have access to the internet complete the Beginner Workout

Youtube Search = Kids workout 1 Beginners

https://www.youtube.com/watch?v=L_A_HjHZxfI&t=163s

3. If you have access to the internet complete the Animal Walks Video

Youtube Search = Animal Walks for Early Elementary Gymnastics

<https://www.youtube.com/watch?v=DpgKyq3WCuw>

4. If you have access to the internet complete the High Intensity Interval Workout

Youtube Search = Kids HIIT Workout 2

<https://www.youtube.com/watch?v=lc1Ag9m7XQo&t=1002s>

5. If you do not have internet access, please complete the warm-up exercises as many times as you can in 30 minutes resting 60 seconds in between.

1st Grade Physical Education E- Learning Activities

1. Complete the warm-up exercises:
 - 10 Jumping Jacks
 - 10 Squats
 - 10 Lunges (don't let your knee touch the ground)
 - 10 Push-ups (keep your body off the ground)
 - 10 Mountain Climbers
 - 10 Curl-ups (keep those hands flat, tuck your chin to your chest and get your shoulders off the floor)
 - Jog in place for 60 seconds (keep those knees high)

2. If you have access to the internet complete the Beginner Workout
Youtube Search = Kids workout 1 Beginners
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Youtube Search = Kids HIIT Workout 2
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5. If you do not have internet access, please complete the warm-up exercises as many times as you can in 30 minutes resting 60 seconds in between.

3rd Grade Physical Education E- Learning Activities

1. Complete the warm-up exercises:

- 10 Jumping Jacks
- 10 Squats
- 10 Lunges (don't let your knee touch the ground)
- 10 Push-ups (keep your body off the ground)
- 10 Mountain Climbers
- 10 Curl-ups (keep those hands flat, tuck your chin to your chest and get your shoulders off the floor)
- Jog in place for 60 seconds (keep those knees high)

2. If you have access to the internet complete the Beginner Workout

Youtube Search = Kids workout 1 Beginners

https://www.youtube.com/watch?v=L_A_HjHZxfI&t=163s

3. If you have access to the internet complete the Animal Walks Video

Youtube Search = Animal Walks for Early Elementary Gymnastics

<https://www.youtube.com/watch?v=DpgKyq3WCuw>

4. If you have access to the internet complete the High Intensity Interval Workout

Youtube Search = Kids HIIT Workout 2

<https://www.youtube.com/watch?v=lc1Aq9m7XQo&t=1002s>

5. If you do not have internet access, please complete the warm-up exercises as many times as you can in 30 minutes resting 60 seconds in between.

5th Grade Physical Education E- Learning Activities

1. Complete the warm-up exercises:

- 10 Jumping Jacks
- 10 Squats
- 10 Lunges (don't let your knee touch the ground)
- 10 Push-ups (keep your body off the ground)
- 10 Mountain Climbers
- 10 Curl-ups (keep those hands flat, tuck your chin to your chest and get your shoulders off the floor)
- Jog in place for 60 seconds (keep those knees high)

2. If you have access to the internet complete the Beginner Workout

Youtube Search = Kids workout 1 Beginners

https://www.youtube.com/watch?v=L_A_HjHZxfI&t=163s

3. If you have access to the internet complete the Animal Walks Video

Youtube Search = Animal Walks for Early Elementary Gymnastics

<https://www.youtube.com/watch?v=DpgKyq3WCuw>

4. If you have access to the internet complete the High Intensity Interval Workout

Youtube Search = Kids HIIT Workout 2

<https://www.youtube.com/watch?v=lc1Aq9m7XQo&t=1002s>

5. If you do not have internet access, please complete the warm-up exercises as many times as you can in 30 minutes resting 60 seconds in between.

PE Alternative Learning Day Lesson:

**Choice #1: Cosmic Kids Yoga - Frozen

<https://youtu.be/xlq052EKmtk>

**Choice #2: Cosmic Kids Yoga - Star Wars

<https://youtu.be/BEPxPkQY6V8>

**Choice #3: What's Your Name fitness activity:

what's your name

fit activity for kids

SPREAD OUT YOUR BALLS AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER FOR A CREATIVE AND FUN FITNESS ROUTINE. PLEASE NOTE: THIS ACTIVITY IS NOT INTENDED TO BE USED AS A SUBSTITUTE FOR A PHYSICAL EDUCATION CLASS. ALWAYS WARM UP BEFORE EXERCISE AND TAKE BREAKS AS NEEDED.

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|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a quack for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM. ©2013 FITNESSMOM.COM