**Physical Education Lesson Plan**

**Grades K-5 Activities - (May 11 - May 15)**

**Essential Learning Statement:** Your Physical Education teacher will provide you a variety of physical activities and games to play either inside or outside of your home, needing minimal equipment or toys to play. These activities will help our bodies to stay healthy, and our minds to stay happy! The goal is to play each suggested activity for 10 minutes per week; however, we recommend children are active and moving for extended times every day.

Additional skills and bonus activities will be included each week for children who would like to extend their movement beyond 10 minutes and continue practicing learned skills from this school year.

**Always ask an adult’s permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!**

**Activity**: Alphabet Action Challenge

**Skills**: Strength, Cardiovascular Endurance

**How to play**:

- ABC Push Ups- Push up position, right hand to left shoulder = A, left hand to right shoulder=B, continue through to Z

- Row Your Boat Push Ups - Same as “A,B,C Push Ups” only sing “Row, Row, Your Boat” and alternate hand to shoulder reciting a word to the song for each shoulder

- Spell Your Name Jumping Jacks - Arms Up Leg Apart = First letter of name, Arms Down Legs Together = Second letter of name, continue

- ABC Mountain Climbers - Mountain Climber position is down on hands & feet. One foot forward-one back and switch to other foot forward-other back. Hands stay shoulder width apart. Every time switch feet recite letters of alphabet, words to songs

- Rope Jumping - imaginary jump rope. 25 jumps in a row, other challenges: hopping, skier, bell, rocking horse, criss cross scissors jumps, backwards

\*\* **Bonus Activity**: use 5 or more above jump rope skills in a routine

Reminder: you can use a real jump rope if you have one or use a pretend jump rope

**\*\* Bonus Activity**: If you have an object and appropriate space at home, practice body rolls: forward roll, pencil roll, log roll, egg roll

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**Activity:** Room to Room

**Skills:** Fitness

**How to play:** An excuse to run in the house!! Put the list on the kitchen table, and start by running to the first item on the list. You must come back to the table before moving to the next item on the list. ENJOY!

1. Bedroom - make your bed. 2. Laundry room - 20 calf raises 3. Mailbox - 20 Jumping Jacks 4. Run around your house 3 times. 5. Bathroom - wash your hands for 20 seconds `(don't forget soap!) 6. Living Room - 15 squats 7. Parent - Say what you like best about them. 8. Stairs - 10 flights (up and down is ONE!)