



Physical Education expectations:

Minimum: Complete the lesson plan below once a day. For 30-45 minutes. National Standards recommend 60 minutes of physical activity every day.

My goal is to get students on their feet and moving. Outdoors is ideal but these options are available for inside also. I want them to choose exercises that are fun and entertaining for them. There are many options to choose from. Try it! If you don't like it, try something else.

- 1) Warm –Up: Jog laps (or jog in place), or do jumping jacks for 2-3 minutes. Your body should “feel” warm.
- 2) Stretch: You will be the stretching leader today.

Grades K-1

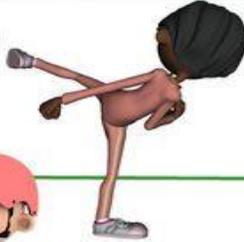
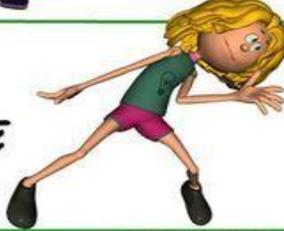
- a. Arm circles forward—start off small and get bigger and bigger
- b. Arm circles backwards—start off small and get bigger and bigger
- c. Trunk twists
- d. Toe touch right: reach to your right foot without bending your knee
- e. Toe touch left: reach to your left foot without bending your knee
- f. Double toe touch: Stand like a pencil, bend straight down and touch your toes without bending your knees
- g. Your Choice
- h. 10 Jumping Jacks, 10 Jumps, Fast feet 10 seconds

Grades 2-5

- a. Right arm
- b. Left arm
- c. Trunk Twists
- d. Right Quad
- e. Left Quad
- f. Hamstrings
- g. Your Choice
- h. Jumping Jacks, Mountain Climbers, Push-ups, Sit-ups (10)

3.) Have Fun! Be Active! Here are some ideas. Choose any or create your own.

PHYSICAL EDUCATION HOMEWORK

 <p>ROLL ON</p>	<p>PLAY BALL WITH FRIENDS</p> 	<p>CLIMB THINGS</p> 
<p>CHASE & TAG</p> 	<p>BALANCE</p> 	<p>DREAM</p> 
<p>WALK WITH A FRIEND</p> 	<p>SKATE</p> 	<p>LEAD</p> 
<p>PLAY A SPORT</p> 	<p>STRETCH</p> 	<p>GO & HAVE FUN</p> 
<p>PLAY CATCH</p> 	<p>GET WET</p> 	<p>explore</p> 
<p>DANCE</p> 	<p>GO & HAVE FUN</p> 	

Outside

- Ride a bike
- Roller Skate
- Skateboard/scooter

Inside

- Free dance
- Make your own

Exercises

- Side Step
- Run in place
- Jumping Jacks

Exercises

- Tip toe walk
- Heel to wall
- Jump forwards

Hop Scotch	workout routine	Mountain Climbers	Jump back
Hula Hoop		High Knees	Skier Jump
Go hiking	Interactive video	Bicycle kicks	Fast jumps
Build a fort	games	Buttocks kicks	Big jumps
Fly a kite	Treadmill	Karaoke left/right	Small hops
Obstacle course	Free weights light	Shuffle left/right	Star jumps
Relay race		Sprint in place	Burpees
Take a walk	Workout videos	Backwards walk	Calf raises
Jump rope	-Cardio	Crab walk	Push-Ups
Play tag	-Yoga	Bear crawl	Wall push-ups
Play ball	-Tabata	Inch worm	Arm pumps
	-Zumba	Skip	(above head)
Practice favorite		Windmills	Boxer punches
		Elbow to knees	Tricep dips
		Squats	Planks
		Squat jumps	Sit-ups
		Single leg squat	Crunches
		Wall sit	Leg lifts
		Side lunges	Leg lifts
		Walking lunges	Toe raises
		Step ups	Ankle rolls

Use the above exercises to create your own TABATA workout. A TABATA consists of intervals of 20 seconds of activity followed by a ten second break. Then Repeat. You can add in your favorite music.

Create your Own: See example below



Online Resources:

Explore Gonoodle.com

Youtube has some fun routines.

K-3 search for “Little Sports” or try this workout video

<https://www.youtube.com/watch?v=aHVR2FnTpdK>

3-5 Check out this Ultimate 20 Minute Full body Workout for Kids

<https://www.youtube.com/watch?v=WmGjxU3Ggko&t=806s>

Remember:

Be Healthy!
Social Distancing
Eat Right
Drink Water
Lots of Sleep
Wash Hands
Brush Teeth
Shower/Bath

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**Remember we are practicing Social Distancing if you are playing with a friend.
At least 6 feet away from each other.**