**Grades K-2 Week 5 Plans**

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| **WEEK 5 Day 1 PE**   |
| **OBJECTIVE: OBJECTIVE:** Students will be able to attend to appropriate types and amounts of physical activity to enhance personal health.   |
| **STANDARD(S):**  **2.6.2.A.1**Explain the role of regular physical activity in relation to personal health.  **2.6.2.A.2** Explain what it means to be physically fit and engage in moderate to vigorous age appropriate activities that promote fitness  **2.6.2.A.3**Develop a fitness goal and monitor progress towards achievement   |
| **TIME FRAME:**  21 minutes of physical activity per day   |
| **ACTIVITY:**  Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.  **April 20:**  Run In place: 30 Seconds  Lunges: 10 Each Leg  Frog Jumps: 15 times  Mountain Climbers: 30 seconds  Plank: 30 Seconds  Please watch the video and follow along on YouTube to do seated Yoga you can find this under my useful links tab: <https://www.youtube.com/watch?v=dnwHDN6Dw7Q>  |

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| **WEEK 5 Day 2 PE**  |
| **OBJECTIVE: OBJECTIVE:** Students will be able to attend to appropriate types and amounts of physical activity to enhance personal health.   |
| **STANDARD(S):**  **2.6.2.A.1**Explain the role of regular physical activity in relation to personal health.  **2.6.2.A.2** Explain what it means to be physically fit and engage in moderate to vigorous age appropriate activities that promote fitness  **2.6.2.A.3**Develop a fitness goal and monitor progress towards achievement   |
| **TIME FRAME:**  21 minutes of physical activity per day   |
| **ACTIVITY:**  Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.  **April 21:**  Run In place: 1 min  Lunges: 10 Each Leg  Frog Jumps: 15 times  Mountain Climbers: 30 seconds  Plank: 30 Seconds  Please watch the video and follow along on YouTube to do a go noodle activity you can find this under my useful links tab: <https://www.youtube.com/watch?v=Pwn4beja1QE>  |