**LET'S GET MOVING!!!!!**

***Grade K-2 Phys Ed***

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| **Week 6 Day 1** |
| **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 and watch one video that is listed below |
| **ACTIVITY:**  **April 27:**  Run In place: 35 Seconds  Squats: 15  High Knees: 20 seconds  Hop Like a Kangaroo: 25 times  Bear Crawl: 10 Seconds  Video: <https://www.youtube.com/watch?v=OYL20BXslQc>  Moose Tube Wishy Wash Women you can also find this video on my web page under useful links |

***Grade K-2 Phys Ed***

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| **Week 6 Day 2** |
| **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 and watch one video that is listed below |
| **ACTIVITY:**  **April 27:**  Run In place: 35 Seconds  Lunges: 10 Each Leg  High Knees: 20 seconds  Mountain Climbers: 25 times  Plank: 25 Seconds  Video:<https://www.youtube.com/watch?v=sNog54ovi8Q>  Kids Bop: Best Day of my Life |

Please E-mail me to let me know your child has completed work out and videos thank you!!

Mrs. Smith

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