***Week 7 K-2 Phys Ed***

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|  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   |
|  **ACTIVITY:**  Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.  Also watch and follow along to the video posted below. **May 4:**  Squat Kicks: 20 Times  Squat Jumps: 20 Times  Jumping Jacks: 20 Times  Crab Kicks: 20 Times  Jump Side to Side: 20 Times  Video: <https://www.youtube.com/watch?v=Rzw-Oir8UPw> Carnival Yoga Video can also be found on my web page under useful links  |

  **Week 7 K-2 PE**

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| **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. Also watch and follow along to the video posted below  |
| **ACTIVITY:**  Each day has its own workout. Please find a clean, safe area to exercise. Please rest in between exercises.  Squat Kicks: 25 Times  Squat Jumps: 25 Times  Jumping Jacks: 25 Times  Crab Kicks: 25 Times  Jump Side to Side: 25 Times  Video: <https://www.youtube.com/watch?v=TY8xx7c6_z0> Frank the Frog Yoga can also be found on my web page under useful links  |