

PE Online Learning Grades K-2

While you are home we want to make sure you keep moving and stay healthy! Get outside as much as you can and keep up with that healthy and active lifestyle!

SUPERHERO DICE FITNESS

To be HEALTHY for a lifetime, it's important to get 60 Minutes of physical activity every day! Play Super Hero Dice Fitness every day. Roll the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exercise and increase the number of repetitions you do every day for each exercise.




CURL-UPS




JUMPING JACKS




PUSH-UPS




CRAB KICKS




SQUATS




PRETEND JUMP ROPE



BACKYARD SCAVENGER HUNT

- ☁ Find 3 kinds of leaves..
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.



Fitness memory

Directions: Print and cut out the 32 fitness memory cards. Shuffle and turn all the cards face down. One at a time flip over two cards. If the two cards match, remove the two cards from the playing area and complete the exercise on the cards. If they do not match, flip the cards back over. The player with the most matches when all the cards are gone WINS!

 30 Seconds Pike Stretch	 30 Seconds Pike Stretch	 10 Jumping Jacks	 10 Jumping Jacks
 20 Seconds Plank Hold	 20 Seconds Plank Hold	 10 Sit-Ups	 10 Sit-Ups
 10 Lunges	 10 Lunges	 20 Arms Circles	 20 Arms Circles
 20 Seconds High Knees	 20 Seconds High Knees	 30 Seconds Butterfly	 30 Seconds Butterfly

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Fitness memory

 30 Seconds Straddle	 30 Seconds Pike Stretch	 10 Squats	 10 Squats
 20 Seconds High Jumps	 20 Seconds High Jumps	 30 Seconds Toe Touch	 30 Seconds Toe Touch
 20 Seconds Jog in Place	 20 Seconds Jog in Place	 10 Push-Ups	 10 Push-Ups
 20 Seconds Squat Hold	 20 Seconds Squat Hold	 20 Seconds Crunch Hold	 20 Seconds Crunch Hold

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Resources

www.gonoodle.com

www.cosmickids.com

[PE with Joe](#)

Health Tips:

Drink Water

Eat Healthy Foods

Get Plenty of Rest

Wash Your Hands!!!