

Physical Education Online Learning Grades K-2

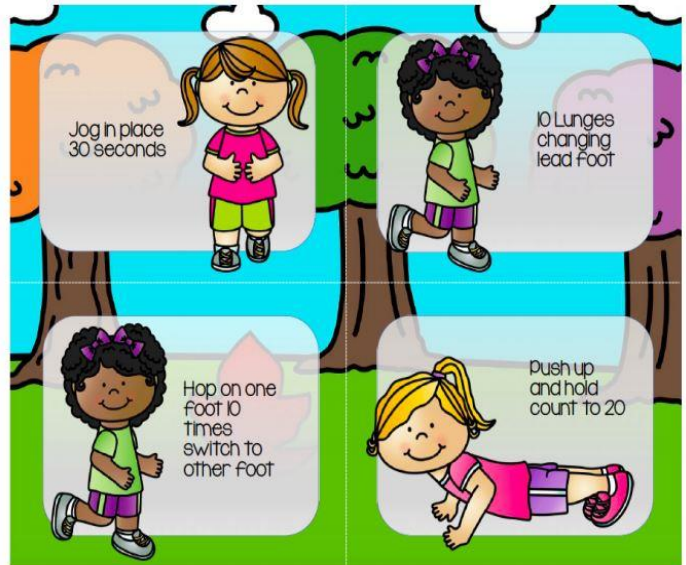
While you are home we want to make sure you keep moving and stay healthy! Get outside as much as you can and keep up with that healthy and active lifestyle!

WORK IT OUT

100



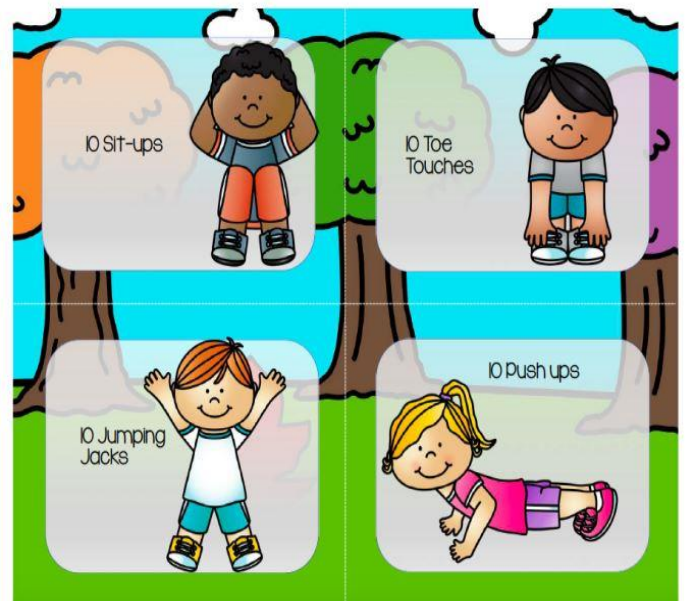
- ✓ 10 jumping jacks
- ✓ 10 sit ups
- ✓ 10 sec. running
- ✓ 10 push ups
- ✓ 10 hops
- ✓ 10 toe touches
- ✓ 10 squats
- ✓ 10 arm circles
- ✓ 10 high knees
- ✓ 10 dance moves



- Jog in place 30 seconds
- 10 Lunges changing lead foot
- Hop on one foot 10 Times switch to other foot
- Push up and hold count to 20



- Finish Line
- Sing a silly song
- Move Back 2 Spaces
- Toe Touch War 5X
- Rock Paper Scissor 3X
- Charades 3X Each
- Toe Touch War 5X
- Hold a Yoga Pose for 15 sec.
- 100 Fast Jumping Jacks 10 each until you reach 100
- Move Back 3 Spaces
- Back to Back Stand up
- Partner Planks
- Charades 4X Each
- Make up a Handshake 10 Parts Repeat 4X
- Sing a silly song
- Toe Touch War 5X
- Hold a Yoga Pose for 15 sec
- Move Back 2 Spaces
- Starting Line
- Partner Planks
- Hold a Yoga Pose for 15 sec
- 100 Fast Jumping Jacks 10 each until you reach 100
- Rock Paper Scissor 3X



- 10 Sit-ups
- 10 Toe Touches
- 10 Jumping Jacks
- 10 Push ups

Resources

www.gonoodle.com

www.cosmickids.com

<https://www.youtube.com/watch?v=Z5VMThf0s>

Health Tips:

Drink Water

Eat Healthy Foods

Get Plenty of Rest

Wash Your Hands!!!