

## Closure plan 3/11/20

All lessons will have a warm up, first activity, and activity second. You will need a timer or device to track how long you are exercising, and if you are practicing catching use a soft ball or object. Finally, make sure to have a safe space with room to move so you are not getting injured!

K - 1st:

1. Windmill stretch for 30 seconds, jump up and down (with or as if with a jump rope) 25 times, run in place for 1 minute, 15 sit ups.
2. **Catching:** practice catching an object with both hands, practice catching with one hand (and then the other), practice clapping and then catching.
3. **Balance:** stand on one foot for 15 seconds, stand on the other foot for 15 seconds. Walk heel to toe around your room, walk using a slide step around your room.
4. **Activity:** find a partner to play rock, paper, scissors with (5x)

These were created thinking that students will be in doors, but if you can go outdoors here are more suggestions:

- Kicking/bouncing a ball, dribbling
- Practice loco motor skills( running, skipping, galloping, etc.)
- Catch with a partner
- Shoot baskets
- Throwing for distance or with partner
- Rolling to a target
- Walk/ jog