

Elementary Physical Education

K-2 Lessons

Fortune Cookie Fitness and Rhythmic Dance NEW Let's pick a Fitness Fortune and a little bit of dancing to get our bodies moving! <u>Directions for Activity</u>	Four Corner Fitness with Throwing and Catching NEW Get a full body workout and then practice your overhand throwing skills with a partner or use targets for accuracy. <u>Directions for Activity</u>
Zumba and Juggling Get your Zumba in today! Follow your workout by challenging yourself to juggling using items from home. <u>Directions for Activity</u>	Astronaut Drills and Locomotor Mania Do multiple of astronaut fitness drills and locomotor movements inside or outside! <u>Directions for Activity</u>
Roll the Stretch & Obstacle Course Roll a dice to do a fun warm-up activity, then grab 10 or more items from your house to create an Obstacle Course! <u>Directions for Activity</u>	Kids CrossFit and Soccer Skills Start with a great total body workout and then move on to a fun soccer enrichment activity. <u>Directions for Activity</u>
Fitness Circuit & Yoga Do a fun fitness circuit routine, then a creative yoga activity! Both can be done inside or outside. <u>Directions for Activity</u>	Continuous Motion & Jumping Skills Get ready to move around your house by doing fun fitness and jumping activities! <u>Directions for Activity</u>
Exercise to Music and DANCEPL3Y Get ready to move to an Exercise to Music fitness routine and do a DANCEPL3Y from YouTube! <u>Directions for Activity</u>	Spell Your Name Fitness and Backyard Walk-Jog Fun Complete a fun workout by spelling your name. Then have fun working on your walking and jogging skills. This can be done inside or outside. <u>Directions for Activity</u>

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Superhero Fitness and Bottle Bowling Be a Superhero and enjoy learning about Bottle Bowling. <u>Directions for Activity</u>	Tabata Fitness Exercise and Bag Tossing/Catching Train like an athlete with Tabata Fitness and try the tossing and catching challenges. <u>Directions for Activity</u>
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Elementary Physical Education

3-5 Lessons

Fitness Scavenger Hunt and Make-N-Play Jump Rope NEW Time to put those tennis shoes on and get to moving around your house, backyard or park! <u>Directions for Activity</u>	Four Corner Fitness with Throwing and Catching Challenges NEW Get a full body workout and then practice your overhand throwing skills with a partner or use targets for accuracy! <u>Directions for Activity</u>
Zumba and Juggling Get your Zumba in today! Follow your workout by challenging yourself to juggling using items from home. <u>Directions for Activity</u>	Race Track Fitness and Balancing Start this lesson by participating in a race track fitness activity and then get ready to test your balancing skills with some awesome at home activities! <u>Directions for Activity</u>
Roll the Stretch & Obstacle Course Roll a dice for the warm-up activity and create your own Obstacle Course using home items available! <u>Directions for Activity</u>	Kids CrossFit and Soccer Skills Start with a great total body workout and then move on to a fun soccer enrichment activity. <u>Directions for Activity</u>
Fitness Circuit & Yoga Do a fun fitness circuit routine, then do a creative yoga activity! Both can be done inside or outside. <u>Directions for Activity</u>	Continuous Motion & Jumping Challenges Create your own fun workout with non-stop movement! <u>Directions for Activity</u>
Exercise to Music and DANCEPL3Y Get ready to move to an Exercise to Music fitness routine and do a DANCEPL3Y from YouTube! <u>Directions for Activity</u>	Spell Your Name Fitness and Backyard Jogging Fun Complete a fun workout by spelling your name. Then have fun working on your walking and jogging skills. This can be done inside or outside. <u>Directions for Activity</u>

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3-5 Lessons

Superhero Fitness and Bottle Bowling Be a Superhero and enjoy learning about Bottle Bowling <u>Directions for Activity</u>	Tabata Fitness Exercise and Bag Tossing and Catching Train like an athlete with Tabata Fitness and try the tossing and catching challenges. <u>Directions for Activity</u>
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