

Physical Education Enrichment Activity Lesson

Title: Fortune Cookie Fitness and Rhythmic Dance-Whip Nae Nae

Grade: K-2 and above

Summary: Let's pick a Fitness Fortune and a little bit of dancing to get our bodies moving. This can be done inside or outside and make sure you are wearing your sneakers. This last about 30 minutes.

Materials: Hat or bucket, print Fortune Fitness slips and cut them apart. Optional: music

Fitness: Fortune Cookie Fitness: Cut out the Fortune Fitness notes provided below, fold them in half and to put them in a hat, box or bucket.

1. Place your Fortune Cookie (hat, box or bucket) 20 feet away from your Home Base (where you will do your exercises). It should have your Fortune Fitness notes inside.
2. Run to the Fortune Cookie and pick one Fitness Fortune. Remember not to peak at it because we never know what our fortune cookie says until we open it.
3. Run back to Home Base, open and read your Fitness Fortune and then do the exercise.
4. Pick out some fun music you like to listen to while you exercise.
5. If you finish all the Fitness Fortunes repeat them till you work for 8-10 minutes.

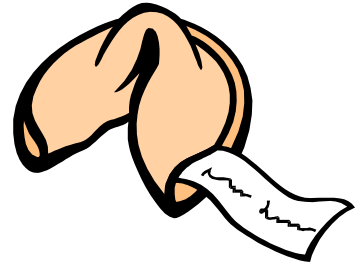
Modifications: Move your Fortune Cookie hat closer. Choose to do just arm or leg motions of an exercise.

Time to Move! Rhythmic Dance- Whip Nae Nae

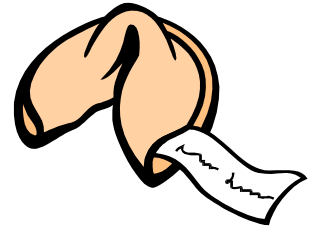
1. Click the link below to follow a fun dance.

<https://video.link/w/Kravd>

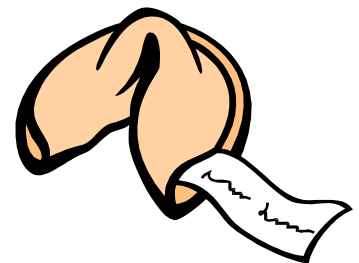
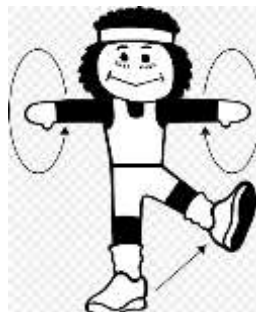
10 Jumping Jacks



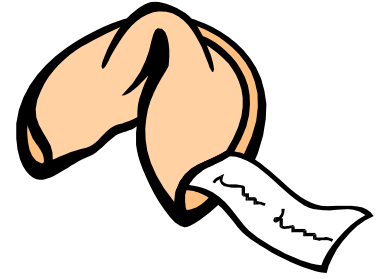
Side Stretch. Hold for 10 counts on each side.



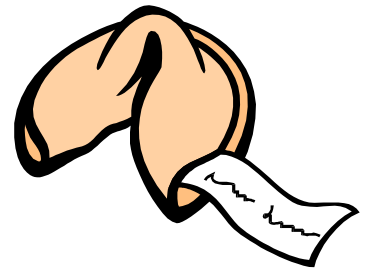
Do 10 *Arm Circles*



Power Walk around your house twice.

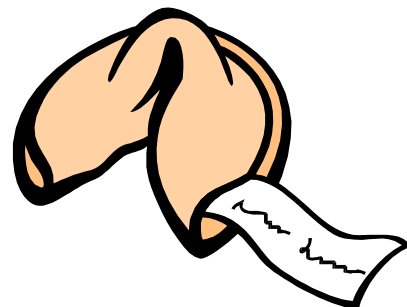


Do 5 Push-Ups



Jump rope 10 times

Either use a jump rope or jump side to side over a line on the ground.



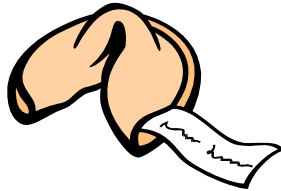
Hula Hoop around your waist or arm
10 times.



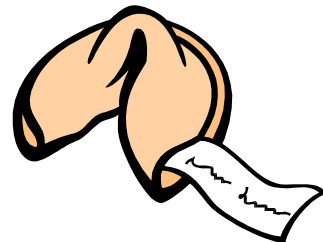
No Hula Hoop then use a pretend hoop. Sway those hips!



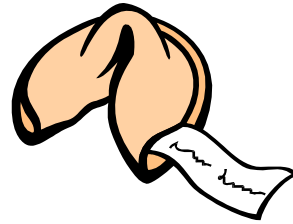
Jog in place for 60 seconds



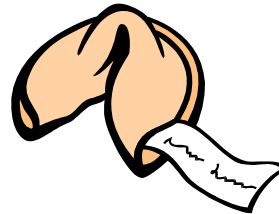
Sit down and stretch your legs. Count to
10 for each stretch.



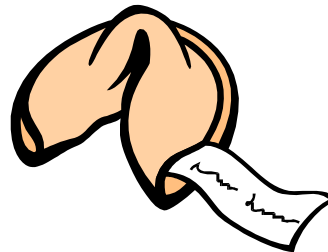
Push-Up Fun. Move hands back and forth over a line on the ground 10 times.



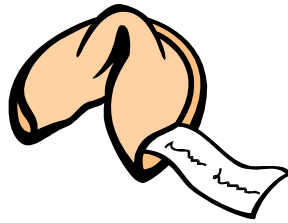
Give a compliment or say something nice to the people in your group.



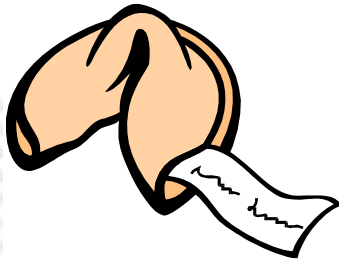
Skip and give a high-5 to at least 5 different people.



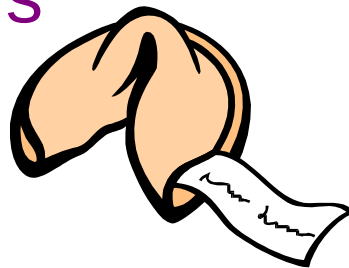
Do 10 *step ups* on any step.



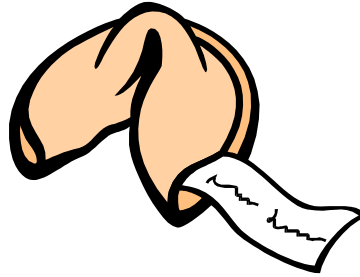
Do 10 Squats.



Do 10 Mountain Climbers



Hold a Plank for 30 seconds.



Choose your own exercise for 30 seconds.

