

Physical Education Enrichment Activity Lesson

Astronaut Drills and Locomotor Mania

Grade= K-2

Summary= Students will be doing Astronaut Drills for fitness and multiple locomotor movements like walking, sliding, skipping and galloping for their movement activity. This lesson can be done inside or outside. Please wear tennis shoes for safety!

Materials= A computer is the only equipment you need!



Fitness= Astronaut Drills

Click on the video link below to start! You can do this video workout once or twice.

<https://drive.google.com/file/d/1gtBAZYJNwFTJYEthB3nQyv-egqGJmISo/view?ts=5e9ba371>

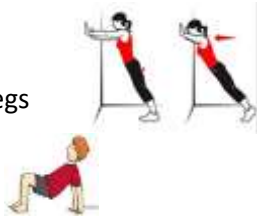
Modifications:

Arm circles: circle one arm at a time.

Jumping jacks: move only arms or move only legs

Push-ups: wall push-ups

Crab kicks: hold yourself in a crab position.



Time to Move= Locomotor Mania!

Walking Mania! Click on the video clip link below to watch before completing the numbered challenges below.

https://drive.google.com/file/d/16h827_WKt6dl4PJBfwTS0dSYLhCfzKSY/view?ts=5e9e6e42

After watching the video clip perform the activities below for 30 seconds each. Count to 30 and then do the next one!



1. Walk in a circle
2. Walk in slow motion
3. Walk with tiny steps
4. Walk with big steps
5. Walk with silent feet
6. Walk stiff like a robot



Skipping Mania! Click on the video clip link below to watch before completing the numbered challenges.

https://drive.google.com/file/d/16uykp01CjGZFK8CtB0bdg_AUlu7q34n/view?ts=5e9e0806

After watching the video clip link perform the activities below for 30 seconds each. Count to 30 and then do the next one.



1. Skip in slow motion
2. Skip in a straight line
3. Skip in a zig-zag line
4. Skip with a big smile
5. Skip with a sad face
6. Skip in a circle



Sliding Mania! Click on the video clip link below to watch before completing the numbered challenges.

<https://drive.google.com/file/d/147xi1-Wx6FoiixaRhe0aE8-QgpO3Nmou/view?ts=5e9e07e2>

After watching the video clip link perform the activities below for 30 seconds each. Count to 30 and then do the next one.



1. Slide in a straight line
2. Slide in slow motion
3. Slide in the shape of a square
4. Slide one way and then go the other way
5. Slide with tiny steps
6. Slide with big steps



Galloping Mania! Click on the video clip link below to watch before completing the numbered challenges.

<https://drive.google.com/file/d/1DTJT5q4w32GvJSwOfm5LOSPs2SqyvnVY/view?ts=5e9f77d7>

After watching the video clip link perform the activities below for 30 seconds each. Count to 30 and then do the next one.



1. Gallop in a straight line
2. Gallop in the shape of a triangle
3. Gallop one way and then go a different way
4. Gallop stiff like a robot
5. Gallop with your other foot in front
6. Gallop in slow motion



Optional: Take a picture of you practicing and email it to your PE teacher at school!

*Congratulations! You completed this P.E. Enrichment Activity Lesson.
You can repeat the locomotor activities for an extra challenge!*

Enrichment Activity: Add music! Try doing the locomotor movements in any order while playing your favorite song. Mix them up and be creative!