

Physical Education Enrichment Activity Lesson



Title: Kids CrossFit and Soccer skills

Grade: K-2

Summary: Start with a great total body workout, and then move on to a fun soccer enrichment activity. Fitness portion can be done inside or out, but outside is your best choice for the enrichment. Proper PE shoes are a must and always have water available for hydration.

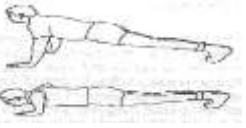
Materials: Internet access, timer, soccer ball or anything that can be substituted (similar ball, sock ball, crumpled up paper, balloon, stuffed animal) Not required but helpful – jump rope, mat or towel

Fitness: *Please read directions first and then watch the Kids CrossFit video below. Once you have completed both then design and perform your workout.*



Kids CrossFit –

1. Pick one exercise from each column.
2. Set a goal for each exercise chosen (number of exercises or seconds performed). The number after each exercise in () is a suggested starting point. Adjust to your fitness level.
3. One cycle is completing one exercise from each column. Complete as many cycles as possible.
4. Repeat cycles for 8-10 minutes.
5. Get a drink of water between cycles as necessary.

Upper Body	Core/Abs	Lower Body	Cardio (Heart Health)
Push-ups (10) 	Curl-ups (10) 	Squats (10) 	Jump rope (20) 
Wall push-ups (15) 	Planks (15 seconds) 	Lunges (10) 	Jog in place (20 seconds) 
Crab Walks Crab Walk 	Side planks (15 seconds) 	Wall sits (15 seconds) 	Jumping Jacks (15) 

Click and watch Kids CrossFit Video: https://drive.google.com/open?id=12Cvctt1gH5QoRoFxddZW_M5BzE9qdl-V

Modifications: Always modify your workout to your fitness level. As you become fitter, you can adjust to more challenging workouts. Feel free to add new exercises that are not listed. Play some of your favorite music as motivation. Exercise with safe controlled movements. Remember to stop for a drink if needed. Challenge your family to join in with your workout. Extra choices from video:

Upper Body	Core/Abs	Lower Body	Cardio (Heart Health)
Push-up position with alternating shoulder touches (15)	Leg raises (15 seconds)	Power jumps (10)	Mountain Climbers (15)



TIME TO MOVE!!!

Soccer Skills

Please watch the Juggling video first all the way to the end. Then, grab a ball or substitute ball of your choice and find a safe area. Next, follow the directions below or play the video again and pause between each skill to practice the drill before you advance to next.

Juggling Skills - <https://video.link/w/Gpk5>

1. Sit and hold ball, shoelace tap
2. Sit and drop ball, kick
3. Stand drop with one kick
4. Stand drop with multiple kicks
5. Bounce and kick one or two times, no hands
6. Repeat favorite challenges

Modifications: Balloons work great for beginning jugglers. Try group juggling with your family.

Optional: Take a picture of you doing one of the activities and email it to your PE teacher at school!

Congratulations! 😊 You completed this PE enrichment activity lesson!

Remember to clean up and put away all your materials.