

Physical Education Enrichment Activity Lesson

Title: Continuous Fitness and Jumping Skills

Grade: K-2

Summary: Students will move around the house from room to room and perform locomotor movements and exercises. Then, the students will learn how to jump properly off two feet safely and over objects. This can be done inside or outside. Make sure to not have any rugs or articles that would cause them to slip or fall. This should take about 30 minutes.

Materials: Internet access, 1 towel folded or rolled to jump over, 1 extra pair of shoes, or substitute with a 1 pillow and 2 socks laid out straight. Optional: music on a separate device or a radio

Fitness: Continuous Motion

1. Before starting, place your hand on your chest and notice how soft your heart is beating. Can you find your pulse at your neck or wrist? What happens to your heart beat at the end of each song?
2. Try to stay in motion the whole time while doing this list. You can jog in place, walk or skip between activities or while reading directions. You can do this workout with your family or by yourself.
3. **Pick a room or space that you can start and return to when you are done with each exercise. Read the first line below and then begin. Have fun!**



___ Do 25 jumping jacks in the kitchen (then run back)



___ Jog to the front door do 5 squats then balance on one foot for 20 seconds (skip back)



___ Do 10 sit-ups in the living room and bending toe touches stretch for 10 seconds (gallop back)



___ Run around a chair 5 times and sit on it 5 times (run back to start)



___ Jog to the kitchen for 10 seconds then do 5 push up shoulder touches (gallop back)

___ Crabwalk to your bedroom and back



___ Bear crawl to the your parents' bedroom, do 5 crab kicks (run back)



___ Imaginary jump rope in the front yard or front door 30 times (run back)



****Click the link below if you want to print this Continuous Movement Activity.**

LINK: <https://drive.google.com/open?id=1UzQKZjdRiT6Dw5BVworQwMdl4NqMv5ql>

Optional: Play music while exercising. Print the Activity Sheet and then click the music link below or play your own music. (Any music will work)



Music: <https://video.link/w/OZc6>

That Time to Move! *Today you will be doing Jumping activities using two feet.*
Look at the pictures below and read the important body positions of a jump.



Feet flat. Knees bent. Arms back behind you.



Push off with toes. Swing arms forward.



Push off with toes while arms swing forward.



Land on toes softly. Arms come down, knees bend.

1. Click the link below and practice jumping with the video.

Link: <https://drive.google.com/open?id=11f4mUannYClS2RsMd1ZP6fs3DECnDLMH>

2. Do these jumping challenges:

- ___ Jump over a rolled towel, box, shoe, jump rope, pillow or shirt. Try 2 or 3 in a row.
 - ___ See how far you can jump and use a shoe or sock to mark it.
 - ___ Challenge your parents to see if they can jump higher or farther
 - ___ Forward and backward jumps over objects on the ground.
- Make it fun and practice as many times as possible!

Modifications: Students may use a wall to help balance as they jump up or over an object. Put two chairs facing each other with a space in-between so the student can use the chairs to put hands on for balance and to lift feet off the ground one at a time or both at the same time. Hold on to a partner to help balance. Wheel chair students could roll over the object that is flat on the ground as they mimic the arm swings and get the knees bent and roll over the object.

Congratulations! *You completed this PE Enrichment Activity Lesson! Remember to clean up and put away all your materials. ☺ Record your activity.*