

Physical Education Enrichment Activity Lessons

Title: Exercise to Music and DANCEPL3Y

Grade: K-2

Summary: *Students will watch and follow along to an Exercise to Music fitness routine to keep their bodies healthy and strong. Then students will watch and follow a DANCEPL3Y YouTube video to practice fundamental movement skills to a fun, popular song! These activities can be completed inside or outside.*

Materials: *Students will need access to a device to watch and follow both activities. Students will be very active and should have plenty of space and be wearing PE shoes and comfortable clothing.*

Fitness: *The benefits of exercise include stronger muscles, healthy heart, and stronger lungs.*

Open the link to read all the benefits of exercise! Do the motions if you know some!

<https://drive.google.com/a/kyrene.org/file/d/1ieApXUotrR5NsbCkoVAto2XX5xSQK3sd/view?usp=sharing>

Click on the Exercise to Music video below and follow along to get all of these benefits of exercise! Turn your volume all the way up and listen for each move!

<https://drive.google.com/a/kyrene.org/file/d/1Rx6-DSzD-k8EXvUVYJPkCkts-oNhq1ml/view?usp=sharing>

Modifications:

Crab Walk: Try to get into crab position and hold yourself up, lift one foot, then the other.

Jumping Jacks: Work on just feet pattern (Jump open legs, jump close legs) or Just arms (arms go up over head, arms go down to the side).

Inch Worm: Try toe touches

Slide: Slow slide-Step to side, bring feet together, step to side, bring feet together

Time to Move! Fundamental movement skills include jumping, hoping, running, walking, skipping, galloping, and sliding. DANCEPL3Y incorporates these movements into fun dance routines you can follow along with.

Choose a dance to do below. Click on the link and follow along. Repeat your favorite or try all 3!

“Heroes” dance video <https://video.link/w/bLM5>

“Shake It Off” dance video <https://video.link/w/78M5>

“Spider-Man Theme” dance video <https://video.link/w/uMM5>

Modifications: *Just keep moving to the music if any step becomes too difficult.*

Congratulations! *You completed this PE Enrichment Activity Lesson!*

Remember to clean up and put away all your materials. 😊

Extra Choices - Enrichments:

- *Parents can join the “PL3Y Kids Fitness” Facebook page for daily DANCEPL3Y live streams for preschoolers, kids, and teens.*
- *More YouTube videos are also available by searching DANCEPL3Y (with parent permission).*
- *Record your 60 minutes of physical activity on a daily log.*