

Physical Education Enrichment Activity Lessons

Title: Exercise to Music and DANCEPL3Y

Grade: 3-5

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 both activities. Students will be very active and should have plenty of space and be wearing PE shoes and comfortable clothing.*

Fitness: The components of health-related fitness include cardio-respiratory endurance, muscle strength, muscle endurance, and flexibility.

Click on the Exercise to Music video below and follow along to work on all the components of fitness! Turn your volume all the way up and listen for each move!

https://drive.google.com/a/kyrene.org/file/d/1oGLsKbQnQD5c_74uV6eVOEa1r74ZBL7h/view?usp=sharing

****If you can't play the video, play a few favorite songs and follow the exercise list below changing moves every 30 seconds or so****

Power walk (walk fast, pump arms)

Trunk Twister (standing)

Sliding, grapevine or carioca (sideways movements)

Crab Kicks (crab position, alternate kicking one leg up)

Curl-ups (any kind)

Jumping Jacks (any kind)

Push ups (any kind)

Gallop or 2-step

Mountain Climbers (push-up position, move feet as if climbing a mountain)

Jog (in place or around space)

Full circle planks (start facing floor on forearms, then side hold on forearm, turn to face up to the ceiling, other side plank)

Windmills (standing with feet apart, arms out in T, bend down and reach diagonally)

Skip moving sideways (step hop with knee lift)

Back saver sit and reach hugging one knee (sit down, one leg out straight, one leg bent, reach as far forward as you can)

Walk to cool down (until the end of the song)

Modifications:

Full Circle Plank: just try to stay in push-up position

Curl-ups: have someone hold your feet or put your feet under a chair or couch and complete the curl-up

Planks: Stay in push-up position

Skip: Walk but try to bring your knees up high on each step.

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 both!

“Bounce Generation” video <https://video.link/w/PhM5>

“Thunder” video <https://video.link/w/QfM5>

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.*