



Elem PE Virtual Learning

2nd Grade

April 6-10, 2020



2nd Grade Physical Education

Lesson: April 6-10

Learning Target:

Students will complete a strength exercise working out their arm and core muscles

Background:

- Students learn to crab walk in Kindergarten
- Students learn push-up form at the beginning of 2nd Grade.
- Students warm-up before activities each day in P.E.

Let's Get Started:

1. Check to make sure you're wearing safe athletic clothes and shoes.
2. Check your work space and clear it of any items, with parent help, to make sure it's safe to move around in.
3. Start by warming up with a 4-5 minute warm up that works out all of your muscles (Jogging in place and Arm circles are good).



Strength Exercise #1:

Mountain Climbers

Extra safety: Perform on soft surface, such as carpet.

Things to Think About

- Start in push-up position, with hands right below shoulders.
- Try to keep your back as straight as possible.

Click the links below for examples.



Mountain climbers work out your core muscles, arm muscles, shoulder muscles, and your leg muscles.

Strength Exercise #2: Crab-Walk Toe Touches

Things to Think About

- Start in crab-walk position.
- Lift one arm and the opposite leg, and touch your toes. Alternate.
- Stay in one spot in the room.

Click the link below for an example



Crab-walk toe touches work out your core muscles, arm muscles, shoulder muscles, and leg muscles.

Strength Exercise #3: Plank Shoulder Touches

Extra Safety: Perform on soft surface, such as carpet.

Things to Think About

- Start in push-up position, with hands below shoulders.
- Lift one hand, and touch the opposite shoulder. Alternate.

Click the link below for an example



-To make it easier, start in modified push-up position with knees touching ground.

-To make it harder, go very slow, keeping rest of body completely still. This controlled movement will work out core muscles to the max.

Plank shoulder touches works out your core muscles, your shoulder muscles, and your arm muscles.

Strength Exercise #4: Supermans

Things to Think About

- Start out lying on your belly on the ground.
- Use small, controlled jumps and pretend you are turning a jump-rope in your hands.

Click the link below for an example



Supermans work out your core muscles, especially lower back.

Put it all together into 1 full workout:

1. Find a clock, so you can keep track of time.
2. Do 40 arm circles, and then jog in place 3-5 minutes.
3. Do mountain climbers for 30 seconds. Jog for 30 seconds.
4. Do crab walk toe touches for 30 seconds. Then jog in place for 30 seconds.
5. Do shoulder touches for 30 seconds. Jog for 30 seconds.
6. Do supermans for 30 seconds. Jog for 30 seconds.

Too challenging? Do 15 seconds each instead of 30 seconds.
Need more of a challenge? Repeat steps 3-6.

MORE Practice on your own:

More times you can do these exercises:

1. Commercial breaks
2. Loading screens on games
3. Waiting for dinner

Reminder: Always check your surroundings to make sure it's safe to exercise and make sure you're wearing safe athletic clothes and shoes. Perform exercises on a soft surface when doing plank shoulder touches and mountain climbers.

Self Check:

Go tell someone in your home your answers.



1. Was this workout?

- ☐ Easy
- ☐ The Perfect Challenge
- ☐ Too Difficult at the Time

2. For more of a challenge, repeat the workout, or do each exercise for longer than 30 seconds.