



Elementary Physical Education Virtual Learning

Kindergarten

April 6-10, 2020



Kindergarten Physical Education

Lesson: April 6-10, 2020

Learning Target:

I can attempt and perform individual stunts like crab walking, bear crawling, & inchworm movements.

Please always practice safety with each exercise and movement.

Background: Balance is an even distribution of weight allowing you to stay upright and steady.

- **Let's Get Started: Hold each of the poses for 10 seconds**

Elephant Pose

Crocodile Pose

Flamingo Pose

10 seconds/leg



Now let's raise our heart rates by watching this video and following along with the motions.

[Jack Hartmann: "Animals in Action"](#)



Practice #1: Crab Walk

Find an open area where you can move 5-10 feet.

Start by sitting on your pockets. Then, place your weight in your hands and feet, and lift your body off the ground

Now attempt to move like a crab across your area and back.

Think about how a crab moves...do they move quickly across the sand or slow? And keep your body off the ground



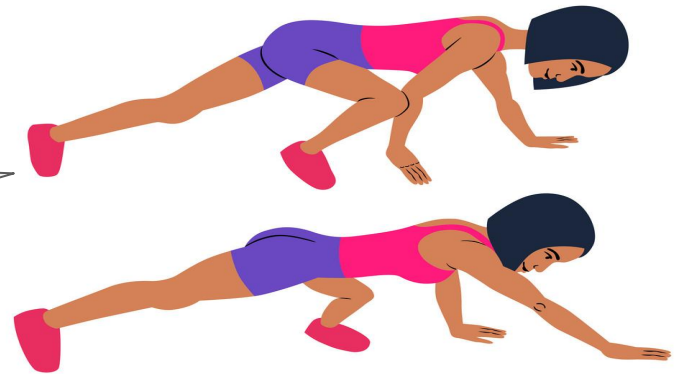
Practice #2: Bear Crawl

Find an open area where you can move 5-10 feet.

Start by balancing your weight on your hands and feet like you are about to do a push-up. Then while moving, you will bring your knees into your trunk

Now attempt to move like a bear across your area and back.

Think about how a bear moves...they are strong and powerful animals. Show your strength!



BEAR CRAWLS

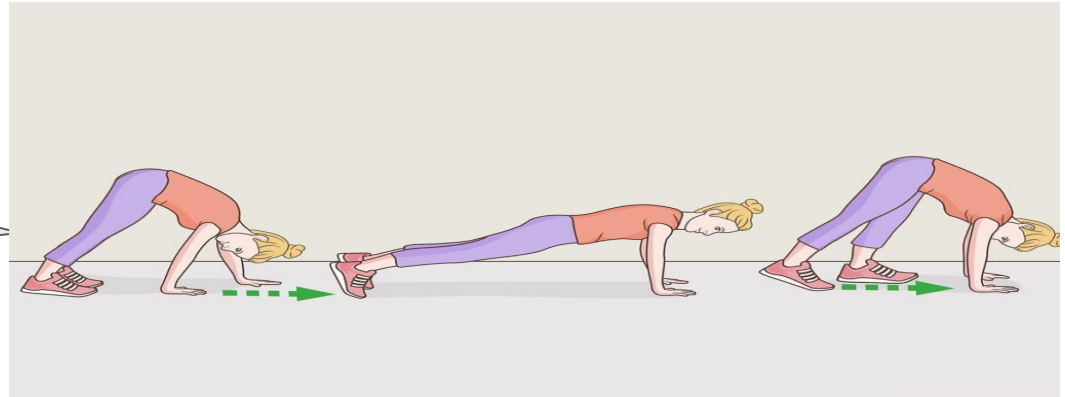
Practice #3: Inch Worm

Find an open area where you can move 5-10 feet.

Start by standing on your feet. Then bend at your waist until your hands touch the ground; keeping your legs straight. Walk your hands out 1, 2, 3, 4 down into a plank position and then walk your feet to your hands 1, 2, 3, 4. Repeat the movement.

Now attempt to move like an inch worm across your area and back.

Think about how an inch worm moves...they move their bodies part by part



Practice on your own:

Let's get creative!

Use your imagination, and think of 3 animals that we haven't discussed today

How do they move?

Fast, slow, 2 feet, 4 feet, wings, slither, swim

Now move across your area down and back acting like each of your 3 animals.

Let's raise our heart rates one last time!

Enjoy this video:

[Jack Hartmann: "Animal Dance & Freeze"](#)



Self Check:

Go tell someone in your home your answers.



1. Was this lesson

- easy
- just right
- hard

2. Perform crab walking, bear crawling, and moving like an inchworm for someone in your house.

Also, perform the 3 animal movements that you created!