



Elementary Physical Education Virtual Learning

Kindergarten

April 15, 2020



Kindergarten Physical Education

Lesson: April 15, 2020

Learning Target:
I can identify major body parts

Please always practice safety with each exercise and movement.

Background: This is a review lesson from first semester.

- Students learn about their arms, legs, feet and hands during the first semester of Kindergarten.
- Students learn about their head and five senses during their first semester of Kindergarten.

Let's Get Started:

Watch these videos to warm up your body & raise your heart rates!

1. [My Body](#)
2. [Head, Shoulder, Knees and Toes](#)

Practice #1:

Identify the major body parts.

Can you also
find these body
parts on you,
too?

Arms

Toes

Head

Fingers

Legs



Practice #2:

Try the following exercises with your major body parts.

Head: Dolphin Yoga Pose

Hold the pose for as long as you can.



Arms: Push-Ups

Attempt 10 push-ups.

Legs: Squats

Attempt 10 squats.



While you perform, can you feel the exercise in that main body part?

Practice #2 Continued:

Try the following exercises with your major body parts.

Toes and Feet: Calf Raises

Move up to your tiptoes and back down to flat feet 12 times.



Fingers and Hands: Catch

If you have a ball at home, great!

If not, no worries! Either use a sock as a ball by rolling it up or crinkle up a piece of paper or tin foil into a ball.

Play catch with yourself or with a family member.

Please play safely,
adult supervision
recommended, and
respect all house
rules. 😊

Practice #3:

Identify the major body parts.

Can you also find these body parts on you, too?

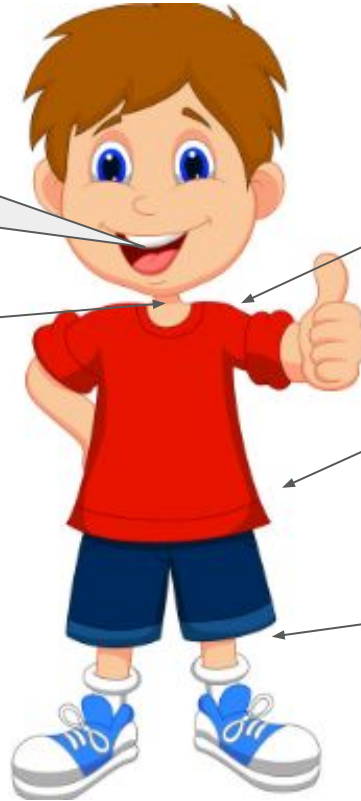
Neck

Shoulders

Hips

Elbows

Knees

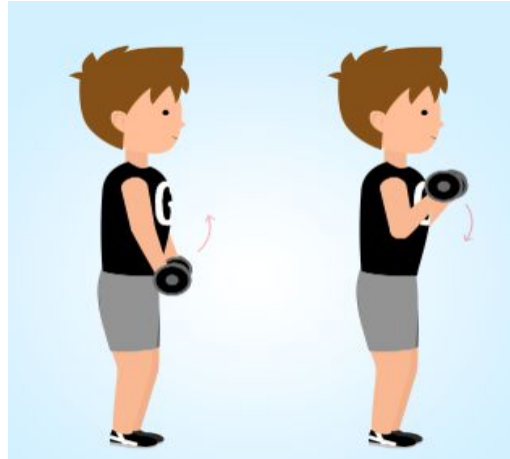
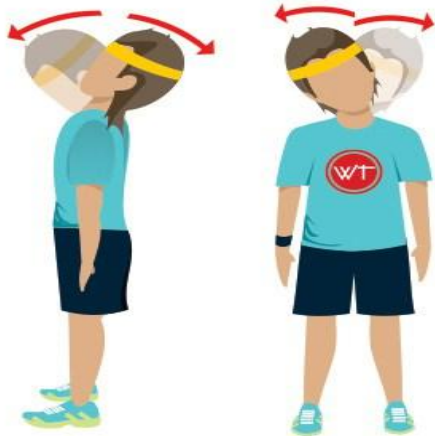


Practice #4:

Try the following exercises with your major body parts

Neck: Neck Rolls

Move your head forward and back 10 times, then left to right 10 times.

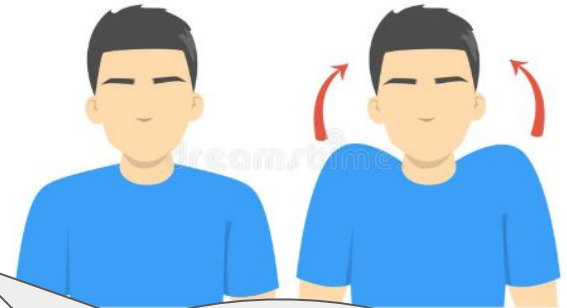


Elbows: Bicep Curls

Attempt 10 curls each arm, & you do not need weights. You can do this hands-free or with sock balls!

Shoulder: Shrugs

Attempt 12 shrugs.



Can you feel the exercise in that main body part?

Practice #4 Continued:

Try the following exercises with your major body parts.

Hips: Hip Flexor Lifts

Lift your hips from the ground and up 15 times.



Try holding your hips up for 3 seconds before bringing them back down to the ground.

Knees: High Knee Lifts

Attempt 20 lifts, switching legs after each one.



Let's raise our heart rates again with these videos:

["I've Got the Rhythm" Body Parts Song](#)

["Head, Shoulder, Knees, and Toes" R&B Remix](#)

And then in First Grade, we learn about bones and muscles.
Here is a little glimpse of that!

[Bones!](#)

Self Check:

Go tell someone in your home your answers.



1. Was this lesson

easy

just right

hard

2. Find a family member and teach them some of the exercises we performed today