



Elem PE Virtual Learning

Kindergarten

April 13-17, 2020



Kindergarten PE

Lesson: April 13th-17th

Learning Target:

Students will enhance fine muscle coordination.
Students will sustain moderate to vigorous activity for short periods of time.

Safety:

Be Safe and Be Supervised

As with all physical activities, make sure you find enough space to perform safely. Always ask parents for permission before performing any activities. Make sure you have on shoes.

Ok kids, before we get moving we are going to practice tying our shoes that you should have on your feet. Click on the video to learn how to tie your shoes.

After you watch the video, practice tying your shoe a couple times.



Let's Get Started:

- Warm up- Stretch upper body and lower body
 - Upper body- swing arms across your body 10 times, stretch arms high over the top of your head for 10 seconds, 10 big arm circles
 - Lower Body- feet together and touch your toes for 10 seconds, feet apart and touch the ground for 10 seconds
 - Make sure your body is nice and loose and ready to move!

Instructions:

We have 2 fun exercise videos to do today. They are easy to follow and you can play them as many times as you want. HAVE FUN!!!



Video #2



Self Check:

How many exercises did you do?

1. Was this lesson?

- ☐ easy,
- ☐ just right
- ☐ hard



2. Have a parent or sibling perform the exercises with you!!