

New Lebanon Physical Education Week #9

(May 11th - May 15th)

(The goal is to be active for 30 minutes everyday)
(We have attached a "PE Activity Log" below, where students can keep track of their minutes. The log is NOT mandatory, it is totally optional.)

<https://docs.google.com/document/d/1woyEAiguNEJjIVLet8gBxxn9XmxbAQnNWNOMU95ym5Q/edit?usp=sharing>

	PHYSICAL EDUCATION Grades (PK-3)
Day 1	<u>Yoga</u> This is a 30 minute video on Kids Yoga and Mindfulness, all about DOGS! https://www.youtube.com/watch?v=tWSgNEs4IPg
Day 2	<u>Fitness - "PE with Joe"</u> A 30 minute workout with Joe the PE Teacher https://www.youtube.com/watch?v=2iDqBO34ieA
Day 3	<u>Dance</u> Pick 5 Dances from the "Kidz Bop" Youtube channel KIDZ BOP YOUTUBE CHANNEL - https://www.youtube.com/channel/UCKE0Xnj818IDaHvIcRiq0Bg

Day 4	<u>Fitness - “PE with Joe”</u> Another 30 minute workout with Joe the PE teacher https://www.youtube.com/watch?v=QvWzWqLk8iQ
Day 5	<u>Dance</u> Pick 5 Dances from the “Just Dance” Youtube channel JUST DANCE YOUTUBE CHANNEL - https://www.youtube.com/user/justdancegame