

# Hays CISD Home Learning



## PE

Specials area website:

<https://sites.google.com/g.hayscisd.net/hesspecialareas/home>

Week of/ May 11th-May 15th **Semana:**

Conference Time/ Weekdays 2pm-3pm

Tiempo de conferencias:

Announcements and Important Links/

Anuncios y enlaces importantes:

Google Classroom: <https://classroom.google.com/c/NzIzMjk2Mjl1ODRa> Class:: **4anekyi**

Weekly Workout Challenges: <https://flipgrid.com/lain3002>

| Week of/Semana: April 20th-24th |                                                                                    |                                                                                                                                 |                                                                                                                             |
|---------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Grades/<br>grados               | Objectives/<br>Objetivos                                                           | Activities/<br>Actividades                                                                                                      | Other Resources/<br>Otros Recursos                                                                                          |
| Pre K                           | To participate in daily physical activity.<br><br>Exercise at least 30min everyday | <a href="#">Fitness Scavenger Hunt</a><br><br><a href="#">Mini Hurdle Challenge</a>                                             | <a href="#">Pre-K Tabata Workout</a><br><br><a href="#">Pokemon Yoga</a><br><br><a href="#">Pokemon Fitness</a>             |
| Kinder<br>1st<br>2nd            | To participate in daily physical activity.<br><br>Exercise at least 45min everyday | <a href="#">Fitness Scavenger Hunt</a><br><br><a href="#">Mini Hurdle Challenge</a><br><br><a href="#">The Rocket Challenge</a> | <a href="#">Monday Workout</a><br><br><a href="#">Star Wars Yoga</a><br><br><a href="#">Cha Cha Plank Challenge</a>         |
| 3rd<br>4th<br>5th               | To participate in daily physical activity.<br><br>Exercise at least 60min everyday | <a href="#">Fitness Scavenger Hunt</a><br><br><a href="#">Mini Hurdle Challenge</a><br><br><a href="#">The Rocket Challenge</a> | <a href="#">Monday Workout</a><br><br><a href="#">Cha Cha Plank Challenge</a><br><br><a href="#">Yoga for the classroom</a> |
|                                 |                                                                                    |                                                                                                                                 |                                                                                                                             |