

TK - 3rd Physical Education Home Activities

Each day try to spend about 20 minutes using these options.
Include a warm up flexibility activity, a fitness activity, and an additional activity of your choice.

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Warm Up (5 Minutes)	What's In a Name? Spelling With A Fitness Twist	Warm up (5 mins)	Play Catch Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.	Dynamic Warm Ups (5 minutes)
PE At Home Active Tetris!	JUMPING JACK TABATA 20 Seconds of Jumping Jacks 10 Seconds of Rest Repeat 8 times.	4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	Go on a Leaf Walk! It's time to go on a leaf walk with a family member or friend. <i>*Ask permission before going outside!</i>	Side- to-Side Jumps Jump side to side over an imaginary line. Do as many as you can for 20 seconds, rest for 10 seconds, and repeat.
Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	The Sunny Side (GoNoodle)	Try something new! Eating a variety of foods from all food groups is really important. Today, try a healthy food that you've never tried before.	Pump It Up (GoNoodle)	Catch with a Catch! Toss a ball in the air, try each challenge before catching the ball: 1.Touch your nose 2. Clap twice 3.High-five someone 4. Spin around
I, Spy Walk Go for a walk with your family while playing a game of I, Spy.	Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	Cool Down (5 mins)	Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10 take a break and do 10 more	Walk and DON'T talk. As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds.
Today is Monday Jumping jacks Do as many as you can while naming things that start with the letter "M"	Today is Tuesday Sit Ups Do as many as you can while naming things that start with the letter "T"	Today is Wednesday Push Ups Do as many as you can while naming things that start with the letter "W"	Today is Thursday Squats Do as many as you can while naming things that start with the letter "T"	Today is Friday Arm Circles Do as many as you can while naming things that start with the letter "F"

