

# Physical Education

## IT'S ALIVE MOVEMENTS

**Flower Sprout-** Crouch down and slowly rise like you are a plant reaching up toward the sunlight. Make sure your pedals (hands) and your flower (face) are looking up towards the sun.



**Crab walks** - Sit down with your hands and feet on the floor (your back should be facing the floor) and walk like a crab. Make sure your hands and feet are the only body parts touching the ground.



**Bear crawls** - on your hands and feet crawl like a bear. Make sure your hands are feet are the only body parts touching the floor.



**Kangaroo hops**- Place you feel shoulder width apart, bend your knees and hop forward.



**Horse gallops** - Place one foot ahead of the other foot. Perform a forward slide where your front foot springs forward and your back foot follows and replaces your front foot position.



## IT'S ALIVE YOGA

**Cat Pose-** Come down to all fours, tuck your chin into your chest, and round your back like a cat. Your knees, hands, and feet should be touching the floor



Cat Pose

**Dolphin Pose-** Position your body so only your feet, elbow and wrists are touching the floor. Your body shape should be a capital A



Dolphin Pose

**Lotus Pose-** Sit and position your feet so that the bottoms are together. Lift your hands up so they are even with your ears. Make the OK symbol with each hand.



Lotus Pose

**Tree Pose-** Stand on one foot. Place the bottom of your other foot on the side of your standing knee. Place your palms together so your fingers are pointing straight up



Tree Pose

**Cobra Pose-** Lay down so your belly is on the floor. Point your toes straight out. Place the palms of your hands on the floor next to your shoulders. Push your upper body off the floor while keeping your lower body on the floor.



Cobra Pose

## IT'S ALIVE CHARADES

Place different animal names or pictures in a hat. One person picks an animal out of the hat. They have to act out that animal movement without making any sounds. Other players try to guess the animal. You can choose the animals we practice and think of new animals to try.