**PK-3 Elementary Lesson Plan**

**Lesson 1: Fitness**

**(May 11th-15th, 2020)**

Activities:

Objectives: Students will utilize fitness skills and concepts.

1. <https://www.youtube.com/watch?v=L_A_HjHZxfI>

kids workout

1. Character Education:

Complete “Have Courage of a lion” handout.

(We all have our fears and overcoming them can be quite a challenge. We prepared a I Have Courage Lion Printable that is designed to help children identify their fears and (hopefully) help them cope with them.)

3. <https://www.youtube.com/user/CosmicKidsYoga> :Cosmic Kids Yoga – youtube.com Students can select one cosmic kids yoga video to participate in.

\*Please make a choice of 2 activities.

\***If these links do not work, please go to** [gonoodle.com](http://gonoodle.com) **for 35 minutes.**

**Extra if you like:**

**Challenge:**

**Can you do more exercises than Mrs. Torok? How many mountain climbers can you do in 1 minute? Check out how many Mrs. Torok did.**