**PK-3 Elementary Lesson Plan**

**Lesson 5: Fitness**

**(May 18-22,2020)**

Activities:

Objectives: Students will utilize fitness skills and concepts.

**Indoor/Outdoor Scavenger hunt**: You can choose either the indoor or outdoor scavenger hunt.

**Race to 100**:

* If cannot perform an exercise you can change it to something that you can do.
* Please see next page for game sheet.

<https://www.youtube.com/user/CosmicKidsYoga> :Cosmic Kids Yoga

\*Please make a choice of 2 activities.

**Extra if you like:**

**Challenge:**

**Can you do more exercises than Mrs. Torok? How many cupid shuffle exercises can you do? Check out how many Mrs. Torok did.**

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