**PK-3 Elementary Lesson Plan**

**Lesson 3: Fitness (May 4th-8th)**

**Activities**

1. Warm-up Video: <https://www.youtube.com/watch?v=dRQf3yFXO1Y>

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Perform 20 Jumping Jacks in Your Living Room. | Eat 1 Fruit for Lunch. | Watch 1 Go Noodle Warm-up Video. | Perform a Plank for 30 Seconds while naming Vegetables. | Perform 1 Yoga Pose for 30 Seconds. |
| Perform 1 Wall Sit for 45 Seconds. | Go Up and Down Your Stairs for 1 minute | Walk in your Backyard for 10 minutes | Perform 10 Sit-ups in your Hallway | Perform 5 Pushups in your Living Room. |
| Give your Mom or Dad a High Five. | Perform Arm Circles for 45 Seconds. | Play Catch with a Parent for 10 Minutes. | Have 1 Glass/Bottle of Water. | Have 1 Vegetable for Dinner. |
| Jog in your Backyard for 5 minutes | Perform 5 Squats in Your Bedroom. | Perform a Plank for 30 seconds while naming Fruits | Perform 10 Burpees in your Living Room.  | Perform 5 Jumps in Your Bedroom |

1. Physical Education/Healthy Eating Plan ( A) Students have the week to complete each challenge. B) Students can repeat each challenge.). \*If you don’t have stairs. Jump in Place for 1 minute! \*If you cannot perform one of the exercise, please do another one twice.

**Extra if you like:Challenge: How long can you wall sit for? Check out how long Mrs. Torok did.**