**PK-3 Elementary Lesson Plan**

**Lesson 2: Fitness**

**(April 27-May 1, 2020)**

Activities:

Objectives: Students will utilize fitness skills and concepts.

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

<https://blog.connectionsacademy.com/wp-content/uploads/Indoor_Gym_Activities_combined.pdf> home fitness scavenger hunt

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

**Extra if you like:**

**Challenge:**

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