**PK-3 Elementary Lesson Plan**

**Lesson 1: Fitness**

**(April 20-24, 2020)**

Activities:

Objectives: Students will utilize fitness skills and concepts.

1. <https://www.youtube.com/watch?v=lc1Ag9m7XQo> kids workout

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

3. Come up with your own 5 exercises and perform those exercises.

\*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 jumping jacks can you do in 1 minute? Check out how many Mrs. Torok did.**