

# Lesson Plans

From Coach :Mr. Ball (PE Teacher)

Lesson Plans - April 14-17 and April 20-24 Students will do 2 weeks of exercise. Parents are encouraged to join them.

Web site: <https://m.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>

**K,1st,2nd grade: April 14 and April 21**

**Kids Beginners Workout # 1**

**5 Minute Move/ Kids Workout # 1**

**April 15 and April 22**

**Kids Beginners Workout #1**

**5 Minute Move/ Kids Workout #2**

**April 16 and April 23**

**Kids Beginners Workout #1**

**5 Minute Move/ Kids Workout #3**

**April 17 and April 24**

**Kids Beginners Workout # 1**

**5 Minute Move/ kids Workout #4**

**3rd,4th,5th grade: April 14 and 21**

**Kids Beginners Workout # 1**

**Active 8 Minute Workout #1**

**April 15 and 22**

**Kids Beginners Workout #1**

**Active 8 Minute Workout #2**

**April 16 and 23**

**Kids Beginners Workout #1**

**Active 8 Minute Workout #3**

**April 17 and 24**

**Kids Beginners Workout #1**

**Active 8 Minute Workout # 4**

**Coach Ball**