

PHYSICAL EDUCATION
LESSON PLAN AND EXPECTATIONS
DURING SCHOOL CLOSURE (COVID-19)

(Physical Education Assignments)

- (1). Walk, run, or jog for 5 to 10 minutes every day.

- (2). Practice the movement videos every day for at least 20 minutes.

Go to www.youtube.com. Type in "elementary movement videos".

There will be several videos for you to choose from.

Examples

1. K- 1st. Shake Your Sillies Out
2. 2nd - 3rd. Moving is Cool
3. 4th - 5th. Dinosaur Stomp

Remember, do movement and exercise every day.

Coach Ball