

K-2 P.E. Lesson

This week's lesson will be similar to our "Work Out Wednesdays" we have been doing this school year. (Kindergarten this will be your first time. We have talked about the workout and I showed you the stations.) I will include a video explaining the stations, too.

On our P.E. webpage there is a link to a 2 week physical activity log. Please fill out each day. The activities CAN be different from what is on the form. Any type of physical activity is OK. Activities can be both, inside and/or outside. Have Fun!

Warm Ups(10 minutes)- same as class warm ups

- A) 3 star jumps
- B) 10 windmills
- C) 1 "5, 4, 3, 2, 1 blast off squat"
- D) 10 second Hurdle stretch each leg
- E) 10 second toe touch with legs straight
- F) 10 second quad stretch each leg
- G) 10 huggies and a squeezie
- H) 10 jumping jacks

- l) 1 tree run if possible. If you have tree in your yard run to it and give it some love. “We love trees because they give us fresh AIR!” If you do not have a tree you can run to, then run in place for 60 seconds

Station Workouts

- Each station will last 5 minutes. You will need a watch or timer to keep track of time
- This will be tough. Push yourself and Do your best!
- Have water nearby so you can hydrate in between stations.
- Take a 2 minute break in between stations
- If you need an additional break, please take a quick one, but no sitting. Please keep moving the entire time.
- Jam some of your favorite music during this workout, if your parents say it is ok.
- Many of you will be sore after this workout. Please do some light stretching and keep moving the next day. Movement and Hydration is a way to battle soreness.

Station 1 – Wall Squats

- Squat with your back against the wall.

- Feet shoulder width apart.
- Your quads and bottom should be parallel to the floor.
- Hold for 5 minutes if you can.

Station 2 – Jogging

- Jog for 5 minutes straight.
- Pace yourself. This is not a sprint!
- Either run in your yard or go on a 5 minute jog somewhere else outside with a parent or trusted adult.
- If you can't go outside, find somewhere inside where you can jog in place for 5 minutes.

Station 3 – Push ups, planks, upward dog, downward dog.

- Alternate between the above activities
- Start with 5-10 push ups
- Then do a front plank pose or the front leaning rest for 1 minute
- Then do an upward dog and hold for 30 seconds
- Then a downward dog and hold for 30 seconds

- Then repeat each activity one more time.

Station 4 – Mountain climbers and/or dance station.

- You can either do mountain climbers, dance or do both.
- If you choose to dance, crank up the music and go wild.
- Everyone should be climbing/dancing the entire 5 minutes.

Station 5 – Core Station (sit ups, leg lifts)

- With sit ups, you will need someone to hold your feet or find somewhere where you put your feet so they do not move too much.
- Sit ups – lay on your back with feet flat on the floor. Bend your knees/legs. Put your hands behind your head and sit up so your face is really close to your bent knees. Lay back down and that is one.
- Do 10-20 sit ups, take a 20 second rest and do 10-20 more. Keep going until the 5 minutes is up.
- Leg lifts – Lay flat on you back with your legs straight. Lift both feet 6 inches off the ground and hold for 10 seconds. Rest for 10 seconds and keep going. Keep going until the 5 minutes is up.

Cool down and Hydration

- Please drink water!
- Do some light warm up stretches.

YOU ARE FINISHED!!!!

I MISS ALL OF YOU AND CAN'T WAIT TO SEE YOU. WE WILL PLAY FUN GAMES WHEN YOU RETURN!

PLEASE CONTINUE TO STAY ACTIVE and EAT LOTS OF FRUITS AND VEGGIES.

YOU ROCK!!

COACH MATT