

At-Home Physical Activity Lesson Plan Idea

FOCUS	GOAL	ACTIVITIES
FITNESS Cardiorespiratory Strength Flexibility	Strive for 30 minutes of physical activity per day	1. Take a walk as a family 2. Play movement games as a family: Parents Guide to Physical Activity 3. Exercise / movement videos online: Easy PE TV Pizza Work-out Easy PE TV Alphabet Shoulder Taps Easy PE TV Plank Challenge Freeze Dance Baby Shark Wash Your Hands Get Your Body Moving Yoga for Kids Yoga for Teens Jack Hartmann Kids Music Channel
MOTOR SKILL DEVELOPMENT	Practice gross motor skills: throw, catch, kick, strike, dribble, run, jump, skip, hop	1. Easy PE TV Locomotor Skills
SOCIAL SKILLS	Practice taking turns, following directions, and giving/receiving social praise	1. Play games requiring turn taking: Parents Guide to Physical Activity 2. Picture Dictionary of Exercises: Parents Guide to Exercises 3. Follow directions and complete tasks: Easy PE TV 4. Practice giving high fives, fist bumps, elbow bumps, etc. 5. Practice giving verbal praise like “nice shot”, “good throw”, etc.