

Lower Elementary and Primary PE Lesson

Wednesday, December 9th 2020

- ** Please click on blue link for youtube video warm up/cool down.**
- ** Spelling in Motion Directions are listed on slide 4.**

Snowball Fight

Snow Ball Fight



Spelling in Motion

Directions for spelling in Motion

1. Start with the first letter in the word on the slide.
2. Find the letter on the alphabet chart (next slide) and locate the exercise for that letter.
3. Perform the number of that exercise on the chart before moving to the next letter in the word.

Example

Word is Run

R- 20 seconds of Jumping and Twisting

U- 30 Seconds of Running in Place

N- 30 seconds of holding in Plank

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

SPELLING IN MOTION Word 1

Ball

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

Spelling in Motion Word 2

Roll

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

Spelling in Motion Word 3

Shoot

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

Spelling in Motion Word 4

Kick

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

Spelling in Motion Word 5

SILVER

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

Spelling in Motion Word 6

Doctor

A	30	Jumping Jacks
B	10	Crunches
C	5	Squats
D	10	Push-Ups
E	5	Burpees
F	20 ^{sec}	Run in Place
G	20 ^{sec}	Plank
H	25 ^{sec}	Jump and Twist
I	30 ^{sec}	Arm Circles
J	15	Jumping Jacks
K	30 ^{sec}	Wall Sit
L	10	Lunges
M	30	Jump Rope

N	30 ^{sec}	Plank
O	7	Push-Ups
P	5	Lunges
Q	20 ^{sec}	Arm Circles
R	20 ^{sec}	Jump and Twist
S	40 ^{sec}	Wall Sit
T	30	Jump Rope
U	30 ^{sec}	Run in Place
V	7	Squats
W	20	Jumping Jacks
X	5	Crunches
Y	10	Burpees
Z	5	Push-Ups

Holiday Reaction Game

[Holiday Reaction Game](#)

Additional Words if you'd like to challenge yourself with more Spelling in Motion

Pack

Dock

Base

Race

Finger

Enter