

Physical Education Dept.

K-5 Tenafly

Below you will find Physical Education lessons that you will have to complete each week. After completing each lesson, make sure you log the activity in your [Physical Education Weekly Log](#) due Friday of each week.

*I will be available to answer emails during office hours:
1:30pm-2:00pm Monday-Friday*

March 30- April 3

First, let's Warm-up! (pick one option below to start your lesson):

[2-minute Warm-up](#) (K-2 recommended)

[4-Minute Warm-up](#) (3-5 recommended)

[Classic Warm-up](#) (K-5 recommended)

Lesson Choices (pick at least two to complete this week):

1. [Beginner Workout](#): Choose the level that you feel comfortable with 1(easy K-2), 2(challenging K-5) or 3(hard 3-5).
2. Complete this [Cosmic Kids yoga](#) video.(K-5)
3. [Paper Ball Balance Challenge](#) (K-5)
4. [Paper Ball Shooting Challenge](#) (K-5)
5. Take some time to practice some [jumping](#). (K-2)
If you have some extra time, you can do this [video](#). (K-5)

Choice Activities (Optional- if you are feeling full of energy and want to do something fun on a day you don't have PE, these are for you!)

- [Kids Bop "Dance Along"](#)
- [Go Noodle "Milkshake!"](#)
- [Boom Chicka Boom!](#)