

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 your class' designated PE time!

Week Two

April 13 - April 17

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. [Perfect 10 Workout](#): Choose the level that you feel comfortable with 1(easy K-2), 2(challenging K-5) or 3(hard 3-5).
2. ["Moe Jones Workout 2"](#): Calisthenics to music with Moe Jones. **(K-5)**
3. [Paper ball throwing challenge](#) **(K-2)**
4. [Kids HIIT workout video](#) **(3-5)**
5. [Yoga for Kids](#) **(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, go for it!):

- [20 minute Hip Hop class](#) "challenge video" good luck and have fun!!!
- [Easy Kids' Hip Hop Dance](#) 13 minutes long, come on k-2, this one's for you!
- Quick, cute 4 minute [dance routine](#), fun!
- If you have a basketball hoop available, go shoot some hoops!