

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.

Week Three

April 20 - April 24

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. Boxing themed workout: [The Final Bell](#). Choose the level that you feel comfortable with 1(easy K-2), 2(challenging K-5) or 3(hard 3-5).
2. ["Frozen" A Cosmic Kids Yoga Adventure](#)(K-5)
3. [Line Horseshoes with Paper Balls](#) (K-5)
4. [Another Paper Ball Challenge](#) (K-5)
5. ["Stretches for the Inflexible! Beginner Flexibility Routine" video](#). (K-2)

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!):

- [Moe Joe's level 1 workout](#) - 16 minutes of calisthenics to music
- [Fitness Blender: Kids Workout](#) - 25 minute fitness video for kids!
- [A challenging Origami heart box](#) - great hand/eye coordination and direction following activity
- Go for a family walk or jog
- Ride your bike