

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](#) <click words for the log

Due Friday of each week.

I will be available to answer questions on your PE Google Classroom during your scheduled PE times

Week Four

April 27 - May 1

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. [Core Conditioning](#): Choose the level that you feel comfortable with 1(easy K-2), 2(challenging K-5) or 3(hard 3-5).
2. [Yoga for Kids](#) - it's fun! (K-5)
3. [No Rope Jump Roping](#) (K-2)
4. [Kids Workout!](#) Full 25 min exercise routine program for kids and parents (K-5)
5. Just Dance videos: [Ghostbusters](#); [Let It Go - Disney's Frozen](#); [The Fox \(What Does the Fox Say?\)](#). (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, this is for you!*):

- [Colonel Crockles the Crocodile](#) - A Cosmic Kids Yoga Adventure
- [KIDS WORKOUT!](#) 25 minute workout that will really get those wiggles out!
- [Kids Daily Exercise](#), with rest in between exercise.... 25 minutes!