

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 Five

May 4th-8th

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. [Military Fitness](#): Choose any day of the 30 day workout. (2-5)
2. [Kids Workout!](#) Full 25 min exercise routine program for kids and parents (K-5)
3. [Jump Rope](#) (3-5) 20 minute jump rope workout
4. [Star Wars Cosmic Kids](#) (K-2)
5. [Challenging Workout](#) 20 minutes (3-5)

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!*):

- [10 Minute Jump Rope Workout](#)
- [Kids Daily Exercise](#), with rest in between exercise.... 25 minutes!
- [Agility Balance and Coordination](#) Try these skills! 6 minutes, but practice for longer than that!
- 33 pages of activities to keep you busy and active! [Captain Pete's Activities](#)