

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 6

May 11th-15th

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. [Deep Dive Workout](#): Choose the level that you feel comfortable with 1(easy K-2), 2(challenging K-5) or 3(hard 3-5).
2. [Party Rock Dance](#). Go Noodle (K-5)
3. [Side Kicks](#), [Accordion Push-ups](#), [Bear Crawl](#), [Arm/Leg raises](#), [Butt Kicks](#): Do each exercise 10 times and the whole routine twice (2-5)
4. [Balloon Activity](#). Do you have a balloon? Great activity if you can get one. (K-2)
5. [Karate for Kids](#) Great beginner lesson! (K-3)

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!):

- Ride your bike
- Go for a walk
- Go for a jog/run
- Play basketball
- Play soccer
- Play catch