

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 7

May 18th-21st

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. [Calisthenics](#): Choose any day of the 30 day workout. **(2-5)**
Level 1 (**easy 2-5**) Level 2 (**challenging 3-5**) Level 3 (**hard 4-5**)
2. [Soccer skills](#): Try these great moves!
3. [Kidz Bop Dance](#) **(3-5)**
4. [Stretches](#): Try these great stretches for 6 different body zones **(2-5)**
5. [Cosmic Kids yoga](#) **(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, this is for you!*):

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