

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 8

May 26th-29th

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. [Boxer Prime](#): 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. [Power Cardio](#): Choose any day of the 30 day workout. (K-5)
3. [Baseball/softball](#). Workout Video
4. [One step Volleyball Balloon Activity](#) (K-2)
5. [Just Dance - Disney](#) (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