

# 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 9

Jun 1st-5th

**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. [Fighters' Codex](#): Mixed Martial Arts Training. Choose any day of the 30 day workout. Levels: 1(easy 2-5) 2(challenging 3-5) 3(hard 4-5)
2. [Indoor Exercise for Kids](#) (K-3)
3. [Basketball](#): Dribbling workout
4. [Balloon Activity](#).
5. [Yoga](#): Choose any day of the 30 day workout.  
Levels: 1(easy 2-5) 2(challenging 3-5) 3(hard 4-5)

**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!):**

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