

# 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 10

Jun 8th-12th

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. Pick two of your favorite activities on the Physical Education Department list from the previous 10 weeks.**

**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