

Physical Education Lesson Plans April 13 - April 17					
Kindergarten - 2nd Grade		3rd Grade - 5th Grade			
This weeks focus: I will identify my favorite sport/exercise Keyword: SPORT an athletic activity requiring skill or physical prowess and often of a competitive nature		This week's focus: I can identify my favorite athlete and give detailed information about them. Keyword: ATHLETE a person trained or gifted in exercises or contests involving physical agility, stamina, or strength			
Warm Up		Warm Up			
Activity Pick your favorite sport or way to stay active while at home and fill out the worksheet attached.		Activity Pick your favorite athlete and answer the questions in the worksheet attached.			
Favorite Sport/Exercise Activity		Favorite Athlete			
Mindfulness Check out the Gonoodle video below		Mindfulness Check out the Gonoodle video below			
Mindfulness		Mindfulness			
Using the link below try to access a physical activity log. Record all of the physical activity you do each day even if it is not your PE day. I have added a new April Challenge to my page. Check it out!		Using the link below try to access a physical activity log. Record all of the physical activity you do each day even if it is not your PE day. I have added a new April Challenge to my page. Check it out!			
Physical Activity Log		Physical Activity Log			