

**Physical Education Lesson Plans**  
**April 27th - May 1st**

Kindergarten - 2nd Grade	3rd Grade - 5th Grade
<p style="text-align: center;"><b>This weeks focus:</b> I can be active at home. <b>Keyword: Physical Fitness-</b> state of general well being, physically sound and healthy, along with mental stability.</p>	<p style="text-align: center;"><b>This weeks focus:</b> I can be active at home. <b>Keyword: Physical Fitness-</b> state of general well being, physically sound and healthy, along with mental stability.</p>
<p style="text-align: center;"><a href="#">Warm Up</a></p>	<p style="text-align: center;"><a href="#">Warm Up</a></p>
<p style="text-align: center;"><b>Activity</b> You are going to do a variety of physical activities for 1 minute.</p>	<p style="text-align: center;"><b>Activity</b> You are going to do a variety of physical activities for 1 minute.</p>
<p style="text-align: center;"><a href="#">K - 2 Physical Fitness Worksheet</a></p>	<p style="text-align: center;"><a href="#">3 - 5 Physical Fitness Worksheet</a></p>
<p style="text-align: center;"><b>Mindfulness</b> Check out the Gonoodle video below</p>	<p style="text-align: center;"><b>Mindfulness</b> Check out the Gonoodle video below</p>
<p style="text-align: center;"><a href="#">Mindfulness</a></p>	<p style="text-align: center;"><a href="#">Mindfulness</a></p>
<p style="text-align: center;">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.</p>	<p style="text-align: center;">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.</p>
<p style="text-align: center;"><a href="#">Physical Activity Log</a></p>	<p style="text-align: center;"><a href="#">Physical Activity Log</a></p>