

**Physical Education Lesson Plans
April 6 - April 10**

Kindergarten - 2nd Grade	3rd Grade - 5th Grade
<p>This weeks focus: I continue to show effort when I'm active at home. Keyword: EFFORT (movement concept) How the body moves and uses time, force and flow.</p>	<p>This week's focus: I can develop my muscular strength at home to improve overall fitness. Keyword: MUSCULAR STRENGTH - The maximum amount of force a muscle can produce in a single effort.</p>
<p align="center">Warm Up</p>	<p align="center">Warm Up</p>
<p align="center">Activity Hand Skill Challenges: Can you pick 5 activities and do each skill 10x with a ball or sock ball?</p>	<p align="center">Activity Today we're going to complete a series of Invisible Dumbbell Challenges</p>
<p align="center">Hand Skills Activity</p>	<p align="center">Invisible Dumbbell Challenge</p>
<p align="center">Mindfulness Check out the Gonoodle video below</p>	<p align="center">Mindfulness Check out the Gonoodle video below</p>
<p align="center">Mindfulness</p>	<p align="center">Mindfulness</p>
<p>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!</p>	<p>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!</p>
<p align="center">Physical Activity Log</p>	<p align="center">Physical Activity Log</p>