

Physical Education Lesson Plans
March 30th - April 3rd

Kindergarten - 2nd Grade

3rd Grade - 5th Grade

This week's focus:
 I can show balance and coordination while playing at home.
 Key word:
 Balance- An even distribution of weight allowing you to stay upright and steady.

This week's focus:
 I can keep an active lifestyle while stay at home from school.
 Key words
 Active Lifestyle- A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.

[Warm Up](#)

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Activity
 We're going to have fun exploring movement with Beans Bag or Sock Balls.
 Complete part one using the link below.

Activity
 Today you're going to complete a series of 1 minute fitness challenges.

[Bean Bag Activity Card](#)

[1 Minute Fitness Challenge](#)

Mindfulness
 Pick three poses using the link below and hold each one for 30-60 seconds.

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[Mindfulness](#)

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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.

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[Physical Activity Log](#)

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