

**Physical Education Lesson Plans**  
**May 4th - May 8th**

Kindergarten - 2nd Grade	3rd Grade - 5th Grade
<p><b>This weeks focus:</b> I can show movement concepts with family while dancing, playing and exercising for 30 minutes. <b>Keyword: ACTIVELY ENGAGE</b> To participate in an activity with genuine interest and a desire for excellence.</p>	<p>This weeks focus: I can show movement concepts with family while dancing, playing and exercising for 30 minutes. Keyword: ACTIVELY ENGAGE To participate in an activity with genuine interest and a desire for excellence.</p>
<p><a href="#">Warm Up</a></p>	<p><a href="#">Warm Up</a></p>
<p><b>Activity</b> We are going to do Fitness Bingo this week. I can't wait to see who gets BINGO!</p>	<p><b>Activity</b> We are going to do Fitness Bingo this week. I can't wait to see who gets BINGO!</p>
<p><a href="#">K - 2 Fitness Bingo</a></p>	<p><a href="#">3 - 5 Fitness Bingo</a></p>
<p><b>Mindfulness</b> Check out the Gonoodle video below</p>	<p><b>Mindfulness</b> Check out the Gonoodle video below</p>
<p><a href="#">Mindfulness</a></p>	<p><a href="#">Mindfulness</a></p>