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| Jan 14  Warm-Up Exercises:  **(Kindergarten complete 20 Jumping Jacks and run in place for 1 minute)**  10 Jumping Jacks  10 wood Chops  10 Windmills  10 Knee Raises  10 Mountain Climbers  10 push-ups  10 sit-ups  **Dance**  If you have a computer type in the link below:  <https://family.gonoodle.com/activities/pop-see-ko>  No computer: Listen to your favorite Dance song and dance to the song for 3 minutes or until the song is over. | Jan. 15  Warm-Up Exercises:  **(Kindergarten complete 20 Jumping Jacks and run in place for 1 minute)**  10 Jumping Jacks  10 wood Chops  10 Windmills  10 Knee Raises  10 Mountain Climbers  10 push-ups  10 sit-ups  **Locomotor Skills**  Crab Carry: Place 5 light weight objects such as toys or bean bags on one side of the room. Get into the crab position. Carry each item to the other side of the room.  To make it more fun race with a family member if possible. | Jan 19  Warm-Up Exercises:  **(Kindergarten complete 20 Jumping Jacks and run in place for 1 minute)**  10 Jumping Jacks  10 wood Chops  10 Windmills  10 Knee Raises  10 Mountain Climbers  10 push-ups  10 sit-ups  Locomotor Skills  Create Hopscotch squares and hop through the squares for 5 minutes. Take turns with a family member if possible. |

**Physical Education at Home Assignment Schedule**

K-5

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| Jan 20  Warm-Up Exercises:  **(Kindergarten complete 20 Jumping Jacks and run in place for 1 minute)**  10 Jumping Jacks  10 wood Chops  10 Windmills  10 Knee Raises  10 Mountain Climbers  10 push-ups  10 sit-ups  **ELA Integration**  Write your name down on a piece of paper. For every consonant in your name do 7 jumping jacks. For every vowel in you name do 7 push-ups. Repeat 3 times.  You may switch out exercises to modify the assignment. | Jan 21  Warm-Up Exercises:  **(Kindergarten complete 20 Jumping Jacks and run in place for 1 minute)**  10 Jumping Jacks  10 wood Chops  10 Windmills  10 Knee Raises  10 Mountain Climbers  10 push-ups  10 sit-ups  **Endurance**  Jump Rope for 30 secs. Take a 10 sec break. Repeat for 4 more times. If you don’t have a jump rope pretend you do by turning your hands in the same circular motion as if you did. | Jan 22  Warm-Up Exercises:  **(Kindergarten complete 20 Jumping Jacks and run in place for 1 minute)**  10 Jumping Jacks  10 wood Chops  10 Windmills  10 Knee Raises  10 Mountain Climbers  10 push-ups  10 sit-ups  **Active Lifestyle**  Choose any exercise or fitness activity. Do the activity and share what you did with your family, friend, and or teacher what you did. |