






ELEMENTARY PHYSICAL EDUCATION
KG-2nd Grade

Warm-Up Activity	Too Hot (GoNoodle.com)	Empire State (GoNoodle)	Don't Sit Down (GoNoodle)	Milkshake (GoNoodle)	Clap It Out (GoNoodle)
Learning Focus Activity	Activity 1: Locomotor Part 1: Noodle Activity Card Can you complete each task with a pool noodle or paper towel tube? Optional Video	Activity 2: Relationships Part 2: Noodle Activity Card Can you complete each task with a pool noodle or paper towel tube?	Activity 3: Manipulatives Part 1: Juggling Scarf Card Can you complete each task with a scarf or grocery bag?	Activity 4: Manipulatives Part 2: Juggling Scarf Card Can you complete each task with a scarf or grocery bag? Optional Video	Activity 5: Choose Your Own Challenge Pick your favorite workout from the Juggling Scarf or Noodle Activity Card.
Refocus	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)
How am I feeling today?					

Noodle/Paper Towel Tube Activity Card

<u>PART 1</u> Tracks	Be an elephant. The noodle is your trunk. Walk slowly staying in personal space – including your trunks! • Be a dinosaur. Noodle is a snout. Jog in open space. • Unicorns! The noodle is a horn. Use a fast-tempo gallop.	Space Tempo
Move It, Move It	Lay noodle down and skip around it. (Curved) • Hop along the side of the noodle. (Straight) • Leave noodle on floor. Jump to a new noodle. (Zig-zag) • Leap over your new noodle. (large & small extensions) • Side-slide far away from your noodle (near vs. far).	Locomotor Skills Pathways Extensions
Balancing Act	Balance the noodle horizontally on any body part at a low level; medium level; high level. • Balance the noodle on the ground horizontally to make a wide statue; balance it vertically to make a narrow statue.	Levels Narrow/Wide
Motocross	The noodles are handle-bars. Open space is your race course. Follow directions to score points. • Travel through mud (bound), and now on dry land (free). • Teacher says: forward/backward; right/left; up/down; clockwise/counterclockwise.	Flow (bound/free) Directions
Gymnast	With noodle laying down, transfer weight over the	Relationships

	noodle. • Make plank position under the noodle. • Stretch and hold the noodle far away from your body. • Hold the noodle near the body and twist around it.	Non-Manipulative
<u>PART 2</u> Mirror This	Teacher leads students through a fun “workout.” Students copy (mirror) the teacher’s movements. • Pick 2-3 students to lead. Students match student leaders. • Facing a partner, take turns leading and following a variety of stationary movements using the noodles.	Relationships
Falling Down	Facing a partner. One partner balance the noodle (vertically) on palm of the left hand. The other partner counts down, “3,2,1,” and then tries to catch their partner’s noodle before it falls to the ground.	Relationships Cooperation
The Rocket	• Students hold noodle in a loose grip 6” from the bottom. Empty hand is open below the noodle with palm flat. • Count down 5,4,3,2,1 and strike the bottom of the noodle to underhand volley it in the air. Student try to catch it before it hits the ground.	Volley (underhand) Catching
Hockey	The long noodles are hockey sticks and the small noodles (or fluff balls) are pucks. Skate around the floor stick-dribbling the pucks with the noodle sticks.	Manipulative (long handle)
Clean the Locker Room!	• Divide class in half. One team per side. • On “Go” each team uses hockey skills to clear all of the small noodles from their side.	Manipulative (long handle)
Noodle Tag	This is a 1v1 (no running) tagging game. • Facing a partner, students attempt to tag their partner’s foot with the noodle. The first partner to three points wins.	Responsibility

Scarf/Plastic bags/Kleenex Activity Card

<u>PART 1</u> Shapes & Directions	• Scarf in front of body, make giant clockwise circles. • Scarf over head, make small counterclockwise circles. • Scarf out to the right side, make a square. • Scarf out to the left side, make a triangle. • Switch hands and repeat all of the above.	Understands Directions and Relationships with Objects
Locomotor Moves	Scarf like a horse’s tail, gallop in open space. • Scarf scrunched like a rabbit’s tail, jump in open space. • Fold in half like a deer’s short tail, leap in open space. • Scarf long like a cheetah’s tail, run in open space.	Performs Locomotor Skills
Levels	• Waive scarf at a high level, skip in open space. • Waive scarf at a medium level, side-slide in open space. • Waive scarf at a low level, walk in open space.	Travels Demonstrating Low, Middle, and High Levels

Pathways	Hold scarf in front, draw a straight pathway in the air. • Draw a curved pathway like a rainbow. • Draw a zig-zag pathway. • Now use each of these pathways to march in open space.	Travels in 3 Different Pathways
Letters & Numbers	The scarf is a pen. Write the letters of the alphabet in the air. • Write words from our word wall. • Write numbers. • Write the answers to math questions that I ask.	Academic Integration
Tail Tag	Tuck scarf 2 or 3 inches into your belt loop or waistband. On the start signal, try to pull off others' tails without your tail being pulled. If you pull a tail, hand it right back to the person you pulled it from. They will do 5 jumping jacks and then get right back in the game. Start at a speed walk pace (can progress to a run).	Demonstrates Locomotor Skills Using Mature Patterns
<u>PART 2</u> Toss & Catch	Experiment with different ways of tossing and catching 1 scarf (e.g., low/high, different body parts, spin and catch). Move to the rhythm of the music.	Moves in Self-Space in Response to a Rhythm
Toss Two	• Hold 1 scarf in each hand. Experiment with different ways of tossing and catching 2 scarves. Move to the rhythm.	Moves in Self-Space in Response to a Rhythm
Partner Mirror	• Face a partner. One partner is a performer, the other is a mirror. Emphasize slow and controlled movements. Move to the rhythm.	Differentiates Between Self and General Space
Partner Lead	• It's a 2 person parade. Line up and then follow the leader in the activity area. Waive each scarf like a flag. Move to the rhythm. On signal, change locomotor skills.	Moves in General Space/Combines Locomotor Skills to a Rhythm
Partner Juggle	Face each other. Start with 1 scarf each. Both partners toss across to each other at the same time. Progress to 2 scarves each. Move to the rhythm.	Moves in Self and General Space to a Rhythm

3rd-5th Grade

Warm-Up Activity	Get Up (GoNoodle)	Over Drive (GoNoodle)	I Gotta Feeling (GoNoodle)	Electricity (GoNoodle)	Choose Your Own
Learning Focus Activity	Activity 1: 1 st : Driver's Test 2 nd : Partner Passing Using a soccer ball or a sock ball practice your skills safely.	Activity 2: Soccer Archery Using a ball practice your skills safely. <i>Get creative by substituting different equipment for</i>	Activity 3: Soccer Ski Slalom Using a soccer ball or a sock ball practice your skills safely.	Activity 4: Soccer Bocce Using a soccer ball or a sock ball practice your skills safely.	Activity 5: Soccer Volleyball Or Soccer Basketball Get creative by substituting different equipment for

		<i>items you have at home.</i>			<i>items you have at home.</i>
Refocus	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)	Mindless to Mindful (GoNoodle)	Let's Unwind (GoNoodle)
How am I feeling today?					

Drivers Test:

Dribble inside the station boundaries that you set up.

Partner Passing:

1. Dribble around the activity area and pick up a piece of treasure. 2. Next, take it to your treasure chest (your hoop) and drop it off. Keep going until all the pieces of treasure are collected. 3. Then, scatter the treasure back in the activity area.

1. Knock the ball off the cone using a controlled soccer pass. 2. Your partner will return your ball and replace the other ball if it falls off the cone. 3. After 5 tries, you and your partner will switch roles

1. When the music starts, begin passing back and forth with your partner between the cones. 2. As you pass, repeat the cues for passing out loud so your partner can hear what you say. 3. Keep passing until the music stops

1. Knock the ball off the cone using a controlled soccer pass. 2. Your partner will return your ball and replace the other ball if it falls off the cone. 3. After 5 tries, you and your partner will switch roles.

Soccer Archery:

1. Players take turns attempting to kick and hit the target.

Soccer Volleyball:

1. Partner A self-tosses the ball to make 1 juggle, and then must catch the ball before it hits the ground. Partner A gives the ball to Partner B. 2. Partner B then self-tosses to make 2 juggles and a catch. Partner B gives the ball to Partner A. 3. Partner A must then get 3 juggles and a catch. 4. This continues until a player does not make the necessary number of volleys/juggles OR a player does not catch the ball before it touches the ground.

Soccer Bocce:

1. Players take turns attempting to kick and hit the target.

1. One of the players from the group tosses the cone/bean bag (this object is the "jack"). 2. Each player is trying to pass her/ his ball closest to the jack, starting with the player that tossed the jack. 3. The player whose ball is closest scores a point. 4. Repeat with a different player tossing the jack.

Soccer Ski Slalom:

1. The player with the stopwatch says, "Go!" and starts the stopwatch. 2. One player dribbles, weaving through the cones. 3. The third player is an official and watches to be sure the racer does not miss any cones. 4. The timer stops the clock when the racer finishes. Count the number of cones missed and add 3 seconds for each one to calculate a final time. 5. Rotate jobs and repeat.

Soccer Basketball:

1. Partners take turns punting or kicking the ball from either spot. 2. Score points by hitting inside the hoop (2 points from the closer spot and 3 points from the farther spot).

Physical Activity Log

Use this activity log to track your physical activity minutes..
Have an adult sign their initials next to each day that you complete 30 minutes.

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Exercise planner 3-5 - Excel

File Home Insert Page Layout Formulas Data Review View Tell me what you want to do... Jonathan Matheson Share

L24

Fitness Training Program

Name: _____
 Witness/Workout Partner: _____
 Program start date: 6-Apr-20

Personal Info (optional)		Warm-up					
		Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start
Age		Walking	5 minutes	0	2	Daily	0
Gender		Toe Touches	10	0	2	Daily	0
Height (Feet)		Jumping Jacks	5	0	2	Daily	0
Height (Inches)		Jogging	2 minutes	0	2	Daily	0
Weight (lbs)							
Target Weight (lbs)							
Heart-Rate							
Target Heart-Rate							
Fitness Goal							

Strength		Cardio					
		Exercises	Reps	Wts	Weeks	Frequency	Start
		Overhand Claps	2 x10	0	2	M W F	0
		Squats	2 x10	0	2	Tu Th	0
		Lunges	2 x10	0	2	M W F	0
		Military Press	2 x10	Just hands	2	Tu Th	0
		Jumping Jacks	2 x 10	0	2	M W F	0
		Jogging	5 minutes	0	2	Tu Th	0
		Speed Walking	10 minutes	0	2	M W F	0
		Burpees	2 x 10	0	2	Tu Th	0

Suggestions

- All Stretches are for 30 seconds and you want to do them twice.
- You can google all exercise but if you have questions just ask me.
- Saturdays are choice day, choose anything from the

Info & Schedule Program Tracking

Exercise planner 3-5 - Excel

File Home Insert Page Layout Formulas Data Review View Tell me what you want to do... Jonathan Matheson Share

L24

Personal Info (optional)		Warm-up					
		Exercises	Reps	Wts (Lb)	Weeks	Frequency	Start
Gender		Walking	5 minutes	0	2	Daily	0
Height (Feet)		Toe Touches	10	0	2	Daily	0
Height (Inches)		Jumping Jacks	5	0	2	Daily	0
Weight (lbs)		Jogging	2 minutes	0	2	Daily	0
Target Weight (lbs)							
Heart-Rate							
Target Heart-Rate							
Fitness Goal							

Strength		Cardio					
		Exercises	Reps	Wts	Weeks	Frequency	Start
		Overhand Claps	2 x10	0	2	M W F	0
		Squats	2 x10	0	2	Tu Th	0
		Lunges	2 x10	0	2	M W F	0
		Military Press	2 x10	Just hands	2	Tu Th	0
		Jumping Jacks	2 x 10	0	2	M W F	0
		Jogging	5 minutes	0	2	Tu Th	0
		Speed Walking	10 minutes	0	2	M W F	0
		Burpees	2 x 10	0	2	Tu Th	0

Cool-down							
		Exercises	Reps	Wts	Weeks	Frequency	Start
		Walking	5 minutes	0	2	Daily	0
		Hamstring Stretch	2 x (30 sec)	0	2	Daily	0
		Lower Back Stretch	2 x (30 sec)	0	2	Daily	0
		Calf Stretch	2 x (30 sec)	0	2	Daily	0

Suggestions

- All Stretches are for 30 seconds and you want to do them twice.
- You can google all exercise but if you have questions just ask me.
- Saturdays are choice day, choose anything from the left and do as much or as little as you want/can
- Sundays are rest days but it would be good to get in a 10-20 minute walk in to loosen up from the week.
- Stretching daily will also help with muscle soreness and fatigue

Info & Schedule Program Tracking