
















DISTANCE LEARNING- Week 1

Kinder - 2nd Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	It is important for me to get 60 minutes of physical activity every day				
Warm-Up	Pop See Ko	Hokey Pokey	Pop See Ko	Hokey Pokey	Pop See Ko
Knowledge Building	Physical activity can be done inside your house or outside. What are 2 ways you can be active <i>inside</i> your house? (Ex. dance party, climbing stairs)	Physical activity can be done inside your house or outside. What are 2 ways you can be active <i>outside</i> ? (Ex. jump rope & bike-ride)	To build our <i>endurance</i> , we need to participate in physical activity for increased amounts of time.	As our <i>endurance</i> increases, physical activity for longer periods of time becomes easier.	Identify ways to increase time for physical activity outside of school (Ex. less video games, do exercises while watching tv)
Fitness Activity	Complete the 2 activities you named above for 5 minutes each	Complete the 2 activities you named above for 5 minutes each	Moana: Get Moving with Disney Family	The Jungle Book: Get Moving with Disney Family	The Incredibles: Get Moving with Disney Family
Journal & Reflection	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO	Did you get 60 minutes of physical activity today? YES or NO
	How are you feeling today?   	How are you feeling today?   	How are you feeling today?   	How are you feeling today?   	How are you feeling today?   

Physical Activity Break (to be completed throughout day whenever a break is needed)

[April 2020 Mind & Body Calendar](#)