

















DISTANCE LEARNING- Week 2

Kinder - 2nd Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
 Big Idea	My body needs the proper fuel (food and drink) to have energy for physical activity.				
Warm-Up	Too Hot	Clap It Out	Too Hot	Clap It Out	Too Hot
Knowledge Building	Water is an important nutrient for our bodies. Be sure to increase the amount of water you drink during and after physical activity.	Water helps to maintain body temperature during physical activity. The more energy you use, the more water you need to drink.	Water helps to transport nutrients through your body.	Nutritious food provides energy for physical activity, alertness, and concentration	The fuel (food and drink) your body needs changes based on the intensity (how hard) and duration (how long) of your physical activity.
Fitness Activity	Bean Bag Activity Card *can use socks folded together to make a ball instead of a bean bag Complete Part 1	Bean Bag Activity Card *can use socks folded together to make a ball instead of a bean bag Complete Part 2	Bean Bag Activity Card *can use socks folded together to make a ball instead of a bean bag Complete Part 1	Bean Bag Activity Card *can use socks folded together to make a ball instead of a bean bag Complete Part 2	This or That Students choose from 2 options and complete the corresponding activity
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](#)