







DISTANCE LEARNING- Week 3

Kinder - 2nd Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	The heart is the most important muscle in your body.				
Warm-Up	Star Wars Sith	Tabata	Star Wars Sith	Tabata	Star Wars Sith
Knowledge Building	Watch this video to learn about your heart. <i>The heart is a muscle.</i>	Review this video to learn about your heart. <i>Your heart is about the size of your fist and is located in the center of your chest.</i>	<i>Your heart pumps faster when you are doing physical activity (PA). The more intense the PA, the faster your heart pumps!</i>	<i>Increasing your heart rate strengthens your heart muscle.</i>	<i>Your heart pumps blood to your muscles, giving them oxygen.</i>
Fitness Activity	Deck of Fitness Using a deck of cards, pull a card and complete that many repetitions of an exercise which corresponds to suit of card.	Leaning Tower Set a timer for 10 minutes. The object is to create a tower with 4 shoes. Each time the tower falls, perform 10 Jumping Jacks. If the tower stands, do 10 celebration jumps.	Deck of Fitness Using a deck of cards, pull a card and complete that many repetitions of an exercise which corresponds to suit of card.	Leaning Tower Set a timer for 10 minutes. The object is to create a tower with 4 shoes. Each time the tower falls, perform 10 Jumping Jacks. If the tower stands, do 10 celebration jumps.	Deck of Fitness Using a deck of cards, pull a card and complete that many repetitions of an exercise which corresponds to suit of card.
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](#)