














# DISTANCE LEARNING- Week 6

## Kinder - 2nd Grade

|   | Day 1   | Day 2   | Day 3  | Day 4   | Day 5   |
|---|---|---|--|---|---|
|  Big Idea | Proper stretching can help prevent injuries.  |   |  |   |   |
| Warm-Up   | <a href="#">Banana Banana Meatball</a>  | <a href="#">Twist N Shout</a>   | <a href="#">Banana Banana Meatball</a>   | <a href="#">Twist N Shout</a>   | <a href="#">Banana Banana Meatball</a>  |
| Knowledge Building  | Flexible muscles allow for more range of motion.  | We can <b>flex</b> and <b>extend</b> our muscles. When <u>stretching</u> , we extend the muscle.  | Perform stretching only after muscles are warm.  | When you stretch a muscle, you should be able to feel the tension, but it should not be painful.  | Do not bounce when stretching... this could cause you to injure your muscle.  |
| Fitness Activity  | <a href="#">Cosmic Kids Yoga: On the Farm</a>   | <a href="#">Cosmic Kids Yoga: Frozen</a>  | <a href="#">Cosmic Kids Yoga: Star Wars</a>  | <a href="#">Cosmic Kids Yoga: Going on a Bear Hunt</a>  | <a href="#">Cosmic Kids Yoga: Wizard of Oz</a>  |
| Journal & Reflection  | Did you get 60 minutes of physical activity today?<br>YES or NO   | Did you get 60 minutes of physical activity today?<br>YES or NO   | Did you get 60 minutes of physical activity today?<br>YES or NO  | Did you get 60 minutes of physical activity today?<br>YES or NO   | Did you get 60 minutes of physical activity today?<br>YES or NO   |
|   | How are you feeling today?<br>   | How are you feeling today?<br>   | How are you feeling today?<br>   | How are you feeling today?<br>   | How are you feeling today?<br>   |
| Physical Activity Break (to be completed throughout day whenever a break is needed)       |   |   |  |   |   |
| <a href="#">May 2020 Mind &amp; Body Calendar</a>   |   |   |  |   |   |

## POSSIBLE DISCUSSION QUESTIONS:

- What is the job of the muscles in our body?
- How does **not** being flexible feel?
- How does good range of motion in our body help prevent injury?
- How do you know when a stretch is bad?
- Do you think it's important for everyone to work on flexibility, or only certain people ? Why?
- Most people have a favorite stretch, what is yours? How would you teach others to do your favorite stretch?