













DISTANCE LEARNING- Week 7

Kinder - 2nd Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	The major muscle groups in our body include muscles in our arms, legs, and core.				
Warm-Up	HOLIDAY	Wishy Washy Washer Woman (Go Noodle)	Be Nice (Go Noodle)	I Gotta Feeling (Go Noodle)	The Penguin Song (Go Noodle)
Knowledge Building		Watch this video to get an overview of the major muscle groups in our bodies.	The major muscle groups in our arms include deltoids, biceps, triceps, and forearms.	The major muscle groups in our legs include quadriceps, hamstrings, and calf (gastrocnemius) muscles.	The major muscle groups in our core include our chest, abs (abdominals), traps (trapezius), and lats (latissimus dorsi).
Fitness Activity		Toy Story 4 Workout Can you identify which muscle group you are working with each movement?	Superhero Workout Can you identify which muscle group you are working with each movement?	Super Mario Bros Workout Can you identify which muscle group you are working with each movement?	Stuffed Animal Workout Can you identify which muscle group you are working with each movement?
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
		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)					
May 2020 Mind & Body Calendar					

POSSIBLE DISCUSSION QUESTIONS:

- What are some daily tasks that strong muscles allow us to do? (Ex. Carry a grocery bag)
- Can you match a daily task with the major muscle group used? (Ex. I use my arm muscles when I carry a grocery bag.)
- Why do you think exercising the major muscle groups is so important?
- Can you name an exercise for each muscle group?
- Which muscle group do you think you use (or engage) the most?