

Ms. LaChance

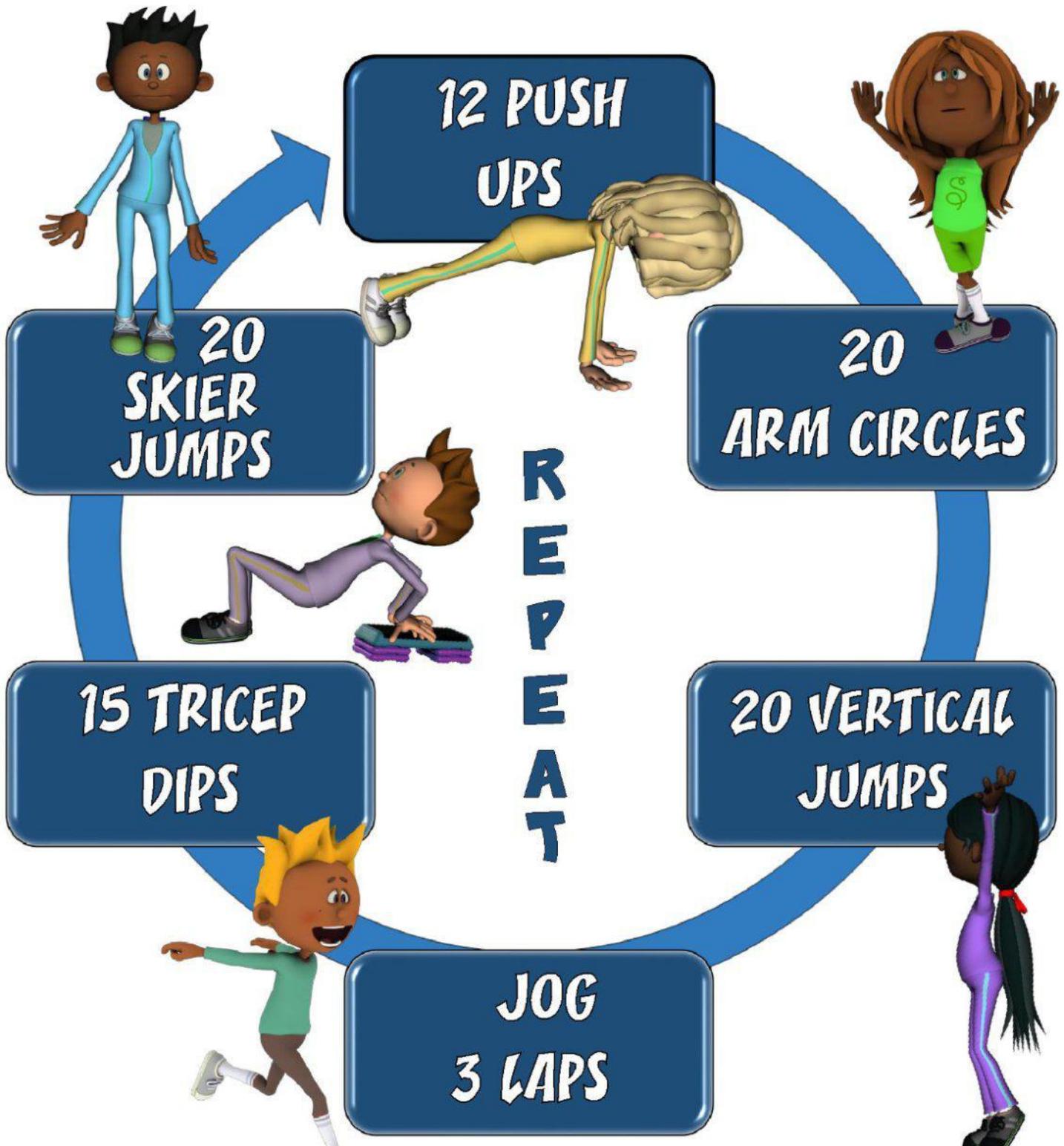
Please feel free to contact me at: alachance@nfschools.net

Grade:K

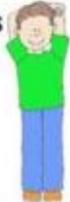
Lesson Title: Fitness Tic Tac Toe

NYS Learning Standard: 1&2

Warm Up and Cool Down: Perform each circuit 3 times to warm up, and 3 times at the end of the lesson for a cool down.



Lesson: Fitness Tic Tac Toe. Player selects a space. Put a piece of paper, coin, or another object on the space they want to select. Once the player selects a space, BOTH participants must perform the activity in the space. Object of the game is to get three in a row, or tic tac toe. You can get three in a row going up and down, side to side, or diagonal. First person to get three in a row wins! You can use the attached boards, or make your own using your favorite movement activities.

| | | | | |
|---|---|--|--|---------------------------------|
| T i c T a c T o e | 20 Sec. Wall Sit  | Hold a Plank for 15 Seconds  | Tricep Stretch for 12 seconds  | F I T N E S S |
| | 8 Reachers  | Runners Stretch for 15 Sec  | 8 Burpees  | |
| | 12 Skier Jumps  | 7 Star Jumps  | 10 Lunges  | |

Card 2 ©Pete Charrette [Cap'n Pete], 2015

Level 3- Basic Jumps- Forward

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20 Arm Rotations



8 Straddle Jumps



12 Standing Toe Touches



Hold a Sit & Reach for 15 Seconds



10 Curl Ups



15 Sec. Butterfly Stretch



10 Push Ups



Hold a Plank for 15 Seconds



15 Mountain Climbers



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