

Mrs. Pilon PE

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**Check out my website for further activities
Schools (79th, Cataract, Kalfas)**

Week: 5

Grade: 1st

**Lesson Title: Fitness Obstacle Course
NYS Learning Standard 1 and 2**

Warm Up/Cool downs

Each exercise should be for the count of 10.



Activity: Fitness Obstacle Course

Equipment: Chalk or stones can be used as chalk

Description: Students/Parents can create an obstacle course in their driveway or sidewalk. They can incorporate different locomotor skills (walking, jogging, crab walk, bear walk, skipping, galloping, etc.) They can also incorporate different exercises (hopping on one foot, or both feet, jumping jacks, sit-ups, pushups, ski jumps, etc.)

Modification: Students can change their exercises that is easier for the, example: Instead of pushups they can do ABC Pushups or Shoulder pushups.

Example of a course: Be as creative as you can make it! Have fun with it!

