

Week of 4/27

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Grade (2)

Lesson Title: 12 Minute Morning Workout

NYS P.E. Standard #1 -- *Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.*

- Warm-up...20 jumping jacks..Jog in place 20 seconds
- Activity...click You Tube link below
- Cool-down..walk in place for 30 seconds

<https://www.youtube.com/watch?v=gIU1vXOH2ts>