

Ms. LaChance

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Week: 4

Grade: K

Lesson Title: Pattern Fitness

NYS Learning Standard: 1 and 2

Warm up and Cool Down: Perform each activity for 30 seconds. Do the entire circuit 4 times. Rest for 30 seconds in between each activity.



Lesson: Pattern Fitness: In each row, find which activity is missing in the pattern. Once you figured it out, write the activity under the “?”. Once you have filled it in, perform the whole row of activities. Continue for the remaining rows. Flip the sheet over and make your own patterns using your favorite activities.

PATTERN FITNESS 2.0

DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A “?”.

 20 SQUATS	 30 SECOND STRADDLE STRETCH	 20 SQUATS	?	 20 SQUATS	 30 SECOND STRADDLE STRETCH
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 30 JUMPING JACKS	?	 30 JUMPING JACKS	 20 MOUNTAIN CLIMBERS	 30 JUMPING JACKS	 20 MOUNTAIN CLIMBERS
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 20 JUMPS IN THE AIR	 20 SECOND STRAIGHT LEG STRETCH	 20 JUMPS IN THE AIR	?	 20 JUMPS IN THE AIR	 20 SECOND STRAIGHT LEG STRETCH
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 30 SECOND BUTTERFLY STRETCH	 BALANCE ON ONE FOOT FOR 30 SECONDS	 30 SECOND BUTTERFLY STRETCH	 BALANCE ON ONE FOOT FOR 30 SECONDS	 30 SECOND BUTTERFLY STRETCH	?
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