

Week: 3

Grade: K

Lesson Title: Pattern Fitness

NYS Learning Standard: 1 and 2

Warm Up and Cool Down: Follow directions on sheet. Perform each activity for 30 seconds. Repeat all the exercises 3 times for the warm up and 3 times for the cool down.



Lesson: Follow directions on the sheet. Complete the patterns, and perform the activity of the is with the object that's missing. When you're finished with the sheet, flip it over and make your own patterns.

PATTERN FITNESS 1.0

Directions: Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25
WINDMILLS



JOG
2 LAPS



30 SECOND
STRETCH



25 JUMPING
JACKS



15 SQUATS



15 SECOND
LEG STRETCH



10 PUSH-UPS



15 SECOND
LEG STRETCH



10 SIT-UPS



30 SECOND
PLANK

