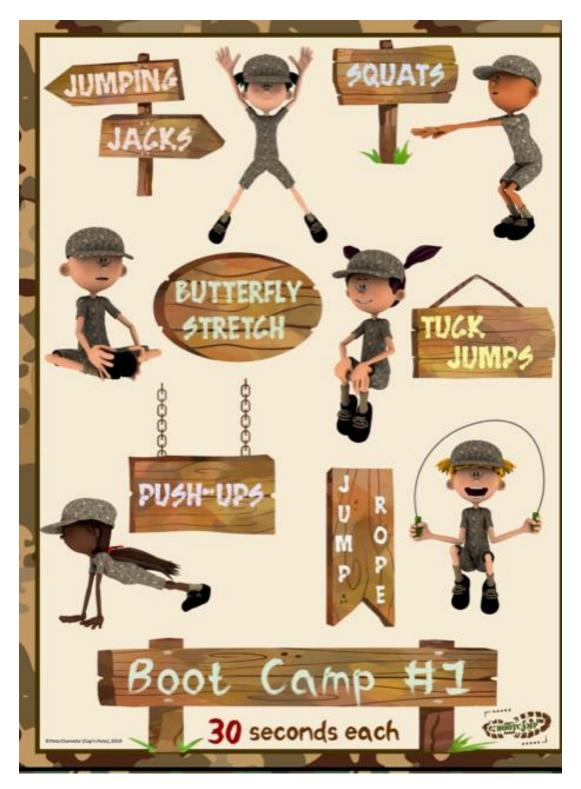
Week: 3 Grade: K Lesson Title: Pattern Fitness NYS Learning Standard: 1 and 2

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 patters.

