

Week of 4/13

Grade (2)

Lesson Title: Exercise Circuit

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....Jog in place for 30 seconds

Place a penny or any other coin on the floor as an exercise spot and position yourself over the exercise spot for this routine.

- 1) Do 15 jumping jacks
- 2) Do 10 forward arm circles
- 3) Do 10 backward arm circles
- 4) Jump front to back 10 times over your exercise spot
- 5) Jump side to side 10 times over your exercise spot
- 6) Hop on one foot 10 times
- 7) Hop on the other foot 10 times
- 8) Jump 10 times on both feet
- 9) Make your body into a letter of the alphabet
- 10) Make your body into the number 7

- * Cooldown walk in place for 30 seconds