

Grade: 2

Lesson Title: Fitness

NYS Learning Standard: 1, 2 and 3

Activity: Fitness Activity Log

Warm-Up

- Run or Jog in place for 30 seconds
- Arm Circles – 10 forward and 10 backward
- 10 Twist
- Standing Toe Touches – Hold the stretch for 10 seconds. Repeat 3 times.
- 10 Push-ups
- 10 Sit-ups or 10 Crunches
- 10 Jumping Jacks

Directions

- Use this activity log to track your physical activity minutes for 1 week
- Have an adult sign their initials next to each day that you complete 60 minutes
- Encourage family members to participate

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Fitness Activity

Fitness Blender for Kids_ is a 25 minute fun workout video for kids on YouTube. This workout routine runs through three different games that will help you improve your overall fitness.

Cool Down – Pick 3 exercises from the above list