

**Grade: 2**

**Lesson Title: Fitness**

**NYS Learning Standard: 1 and 2**

**Activity: Fitness Stations**

### **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

### **Fitness Stations**

This week in Physical Education, you will work on your fitness by completing a series of Fitness Stations. Each station will last for 1 minute followed by 1 minute of rest. Please try to do your very best! If you need to take longer breaks, please feel free to do so. This activity should be completed at least twice during the week. If possible, encourage your family members to participate with you.

### **Exercises**

1. Jumping Jacks
2. Stretching
3. Push-ups
4. Jog in place
5. Water Break
6. Sit-ups
7. Burpees
8. Step-ups – use 2 steps and make sure that your foot lands on the step (STEP-UP - right, left and STEP-DOWN - right, left).
9. Stretching
10. Obstacle Course – make your course inside or outside. Add elements of over, under, around and through. Be creative and have fun with this one.

**Cool Down – Pick 3 exercises from the above list**

### **Assessment Questions**

1. Did you try your best?
2. Which station(s) did you enjoy? Why?