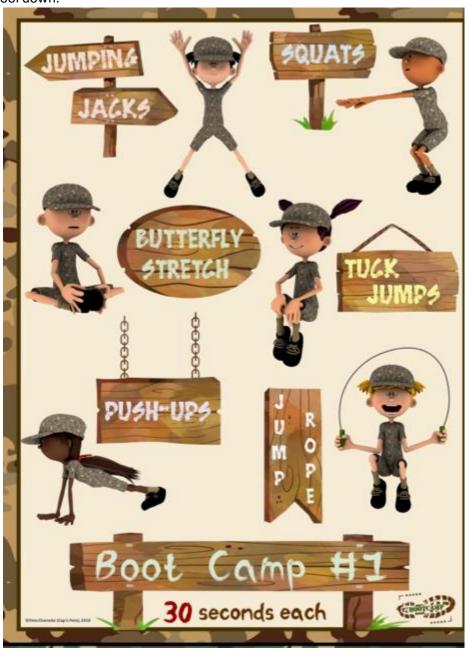
Ms. LaChance

Please feel free to contact me at <a href="mailto:alachance@nfschools.net">alachance@nfschools.net</a>

Grade: K

Lesson Title: Family Card Workout NYS Learning Standard: 1 and 2

<u>Warm Up and Cool Down:</u> Perform each activity 3 times to warm up, and 3 times at the end of the lesson for a cool down.



**<u>Lesson:</u>** Family Card Workout. If you don't have a printer, write each activity on a piece of paper. Draw a picture if you're feeling like an artist.

## Family Card Workout

Directions: Cut the cards out and put them in a jar or a plastic bag. Have a family member pull out a card and together as a family do the exercise together.

PAT YOUR HEAD AND RUB YOUR TUMMY

PRETEND YOU ARE A MONKEY

DO 10
JUMPING JACKS

DO THE "BEAR CRAWL"

DO THE "CRAB WALK" JUMP AS HIGH AS YOU CAN

ROAR LIKE A
LION

PRETEND YOU ARE A DOG

ACT LIKE YOUR
FAVORITE
ANIMAL

PLAY CATCH WITH A PAPER BALL

WALK LIKE A
DUCK

SKIP AROUND THE ROOM

JUMP 10 TIMES OVER & SHOE DO 5 BURPEES

PRETEND YOU ARE A BIRD

DO A WALL SIT FOR 30 SECONDS

DO 5 FROG JUMPS

DO 5 STAR JUMPS

HOP ON 1 FOOT 15 TIMES PRETEND TO MAKE SNOW ANGELS

DO 3 PUSH UPS

DO 5 SQUATS

PRETEND YOU
ARE AN
ELEPHANT

DO 10 TOE TOUCHES

PRETEND YOU
ARE A CHICKEN

DO 10 SIT UPS

RUN IN PLACE FOR 1 MINUTE

MOVE LIKE A
SLOTH