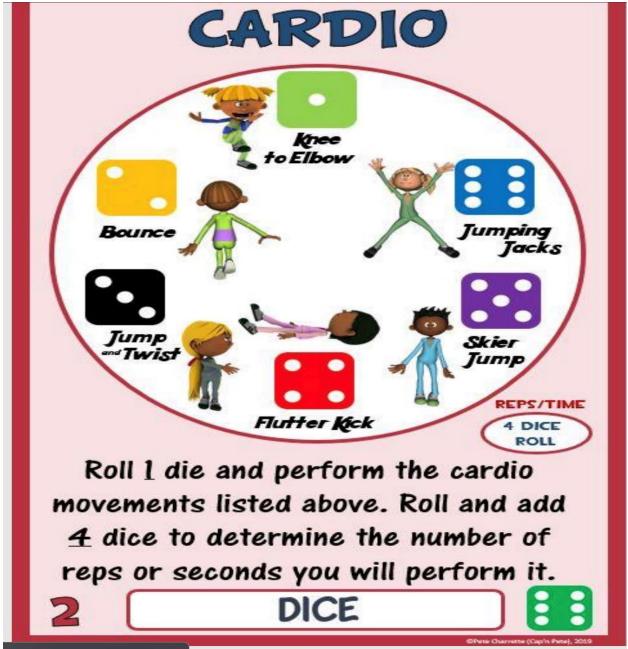
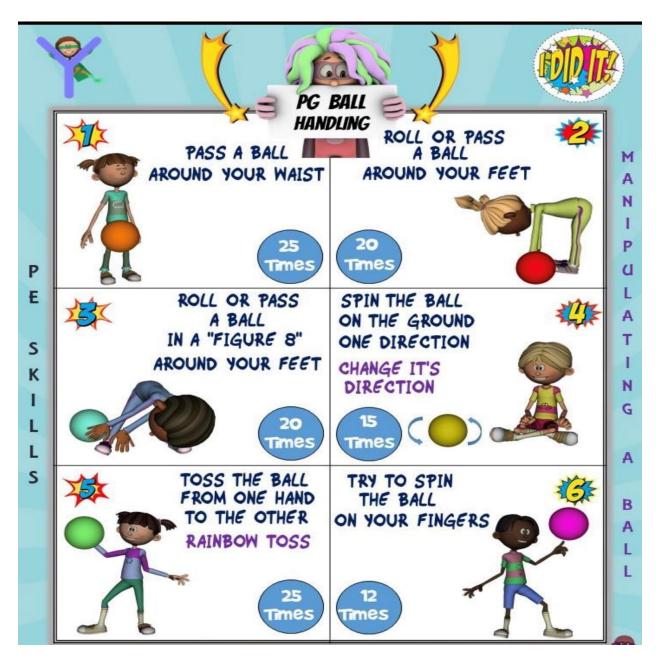
Ms. LaChance Please feel free to contact me at <u>alachance@nfschools.net</u> Grade: K Lesson Title: Family Card Workout NYS Learning Standard: 1 and 2

<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. If you don't have a dice, write number 1-6 on a piece of paper. Put the numbers in a bowl and pick.





Lesson: Go through the entire sheet 3 times. If you're having difficulty, use a balloon.