

Ms. LaChance

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Grade: K

Lesson Title: Family Card Workout

NYS Learning Standard: 1 and 2

Warm Up and Cool Down: 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.

CARDIO

REPS/TIME
4 DICE ROLL

Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

2 **DICE**

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

PG BALL HANDLING		DID IT!	
1 PASS A BALL AROUND YOUR WAIST 25 Times	2 ROLL OR PASS A BALL AROUND YOUR FEET 20 Times		
3 ROLL OR PASS A BALL IN A "FIGURE 8" AROUND YOUR FEET 20 Times	4 SPIN THE BALL ON THE GROUND ONE DIRECTION CHANGE IT'S DIRECTION 15 Times		
5 TOSS THE BALL FROM ONE HAND TO THE OTHER RAINBOW TOSS 25 Times	6 TRY TO SPIN THE BALL ON YOUR FINGERS 12 Times		