

Mrs. Pilon PE

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Check out my website for further activities
Schools (79th, Cataract, Kalfas)

Week: 9

Grade: 1st

Lesson Title: ABC Scavenger Hunt
NYS Learning Standard 1 and 2

Warm Ups/Cool Downs

Count to 10/Hold for 10 seconds

 <p>hop on both feet</p>	 <p>sitting toe touches</p>	 <p>jumping jacks</p>	 <p>elbow to knee</p>
 <p>bear crawl</p>	 <p>balance on 3</p>	 <p>run in place</p>	 <p>plank</p>
 <p>hop on one foot</p>	 <p>balance on one foot</p>	 <p>high knee step</p>	 <p>balance on one foot</p>
 <p>crab walk</p>	 <p>straddle stretch</p>	 <p>standing toe touches</p>	 <p>leg lifts</p>

ACTIVITY:

ABC SCAVENGER HUNT

DIRECTIONS: For this activity, your goal is to find objects that start with each letter of the alphabet while getting some exercise at the same time! Start with the letter “A” and follow directions until you find something that starts with the letter “Z.” (Ex. Apple, Bathtub, Coin, Drink, etc.) If you are having a hard time finding something that STARTS with a certain letter, then you can find a letter in a book, on a food label, etc. This will be more fun to do with a parent or older sibling and you can go outside too if you have parent permission!

Find something that starts with the letter A and do 5 jumping jacks!

SKIP to a different room to find something that starts with B

JOG to a different room to find something that starts with C

WALK to a different room to find something that starts with D

HOP ON 1 FOOT to a different room to find something that starts with E

GALLOP to a different room to find something that starts with F

LEAP to a different room to find something that starts with G

SIDE SLIDE to a different room to find something that starts with H

JUMP to a different room to find something that starts with I

SKIP to a different room to find something that starts with J

JOG to a different room to find something that starts with K

WALK to a different room to find something that starts with L

HOP ON 1 FOOT to a different room to find something that starts with M

GALLOP to a different room to find something that starts with N

SIDE SLIDE to a different room to find something that starts with O

RUN to a different room to find something that starts with **P**

SKIP to a different room to find something that starts with **Q**

WALK to a different room to find something that starts with **R**

JUMP to a different room to find something that starts with **S**

SKIP to a different room to find something that starts with **T**

JOG to a different room to find something that starts with **U**

SIDE SLIDE to a different room to find something that starts with **V**

JUMP to a different room to find something that starts with **W**

GALLOP to a different room to find something that starts with **X**

HOP ON 1 FOOT to a different room to find something that starts with **Y**

RUN to a different room to find something that starts with **Z**

NICE JOB!! Give someone a high 5 and drink some water!