**Grade: 2**

**Lesson Title: Fitness**

**NYS Learning Standard: 1, 2 and 3**

**Activity: Fitness Activity Log**

**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**

**Directions**

* **Use this activity log to track your physical activity minutes for 1 week**
* **Have an adult sign their initials next to each day that you complete 60 minutes**
* **Encourage family members to participate**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Sample Day** | Active Outside  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 minutes |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |

**Fitness Activity**

**Fitness Blender for Kids – is a 25 minute fun workout video for kids on YouTube. This workout routine runs through three different games that will help you improve your overall fitness.**

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