

## **K-4 Physical Education**

### **May 4 – May 8th**

We hope you are staying active while you are home! We miss seeing our students and being active with you but we have come up with some fun activities you can do for your fitness lesson this week! Select one or both, get active and have fun moving!

**Simon Says:** Ask someone in your family to be Simon. Then have that family member play the traditional game. For example, by saying, “Simon says shake your whole body” you do the activity said and earn a point. If your family member says to do an activity but does not say, “Simon says” you lose a point. Refer to this fun list of ideas to get your exercise today!

**Slam Ball:** This game needs a hard service to play on (unfinished basement floor, garage floor or driveway). You will need 2-4 players. Also needed is any type of ball that bounces and a circle on the ground which you can use a hula hoop for or draw a circle with a piece of sidewalk chalk. You will be working on your catching skills in this game. Click the link for the rest of the directions. Have fun!

**Optional Activities:** Listed on our teacher page is a link for optional activities. There is also an optional checklist sheet for parents to use if they would like to keep track of the activities you have completed. You may also take a look at some ideas and videos that have been provided in this link that you can use. This link will have new ideas and videos added periodically.

## **Grades 1-4 Wellness Lessons**

### **May 4- May 8th**

Listed below are the Wellness lesson topics for you to work on during the provided dates by each grade level.

**Grade 1:** Smoking

**Grade 2:** No Smoking, Please!

**Grade 3:** Drug vs. Candy

**Grade 4:** Medicine Labels

