

## **K-4 Physical Education**

**May 25 – May 29th**

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!

[National Field Day Challenge](#): Click on the provided link for each activity. This link will take you to the video showing you how to do the activity. Have a Field Day with your family! Be silly and 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 25 - May 29th**

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

[Grades 1-4: Recipe of Good Habits](#)



