

## **K-4 Physical Education**

**April 16-April 24th**

We hope you are staying active while you are home! We have provided some fun Dice Game and Exercises for you. Remember to wear comfortable clothing and sneakers for these activities. Click on either the Dice Wars OR Dice Exercises to do this week. If you would like, you can try both of them!

**Dice Wars:** This is an activity game that can be played with 1 or more people. You just need some dice or if you do not have dice, no problem! Just get a piece of paper and write the numbers 1-6 on them. Next, cut the paper into six pieces and turn the upside down. The rest of the directions will be provided with the game!

**Dice Exercises:** This you can play by yourself or also with family members. You just need some dice or if you do not have dice, no problem! Just get a piece of paper and write the numbers 1-6 on them. Next, cut the paper into six pieces and turn the upside down. Use the exercise pictures provided that match up with the number you roll and workout!

**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**

**April 16-April 24th**

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

**Grade 1:** Healthy Behaviors Keep Germs Away

**Grade 2:** What is a habit? Healthy and Unhealthy Habits

**Grade 3:** Tobacco and Vaping education

**Grade 4:** Is Tobacco a Drug?

Each individual lesson will be provided for each grade level.



