



Physical Education Calendar - Week 3

Kindergarten – Grade 2

- Day 1** Jump Rope
- Try doing these videos: <https://www.youtube.com/watch?v=n7u1gvoXdG0&feature=youtu.be>
<https://www.youtube.com/watch?v=wK8XUaAfmSs&feature=youtu.be&t=37>
- Practice your jump rope skills for 20 minutes. Try some of the skills from the videos.
Daily Challenge: A kiwi has ~60mg of vitamin C. Do 60 air punches.
- Day 2** Fitness
- Try doing these videos:
<https://www.youtube.com/watch?v=qcTboKYtKxk&list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa&index=32>
<https://app.gonoodle.com/activities/the-ultimate-champ?s=Search&t=Get%20up>
- Daily Challenge:** Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
- Day 3** Yoga/ Mindful Moment
- Try doing these videos: <https://www.youtube.com/watch?v=02E1468SdHg>
<https://www.youtube.com/watch?v=jzYtNWjQik0>
- OR** Using the Yoga Pose Flashcards, try to hold each pose for 20 seconds.
Daily Challenge: Perform jumping jacks while naming words that start with “M.”
- Day 4** Dance
- Try doing these videos: <https://www.youtube.com/watch?v=YSIJRHfpuQw>
<https://www.youtube.com/watch?v=uMuJxd2Gpxo>
https://www.youtube.com/watch?v=5_srg-18Fz0
https://www.youtube.com/watch?v=fAhXfcm_v40
- OR** Turn on the radio or music that you enjoy and have a Dance Party for 20 minutes.
Daily Challenge: Beans have ~500mg of potassium. Jog in place as you count to 500.
- Day 5** Student Choice Day
- Go for either a walk, run, bike or scooter ride, or play outdoors today.
Daily Challenge: 1 cup of broccoli has ~60mg of calcium. Do 60 air kicks.

Please put a check mark beside the activities that you have completed and send me a picture of the sheet to either your class Dojo or Seesaw site. Or you can return it to the school.