

# Physical Education K - 2

**Keep a journal of your activities.  
Have a parent verify the activities were  
done and have them sign each day.**

**Warm Up:** - Warm up using the stretches we use in class. 1. Arm circles (10 forward and 10 backward) 2. Feet Together and Legs straight, Try to touch your toes 3. Feet apart, reach down to your right foot, then your left foot, then the middle. 4. Stride stretch (right leg for 10 sec, left leg for 10 sec) 5. Quad Stretch (lift your right leg up behind you, lift your left leg up) 6. Butterflies (sit on the ground and put the bottom of your feet together for 10 sec.

**Pick 4 Activities and do each one for 7 minutes.**

## **1 Balloon Juggling**

Use a balloon and while standing in place tap the balloon up in the air above your head. If you take a step you are done. See how many times you tap the ball standing in place. Variations: tap while on your knees, tap while sitting down, tap it while laying down, use 2 balloons, tap balloon then clap your hands 3 times before tapping again.

## **2. Animal Walk**

Perform the movements of the following animals

Hop – Bunny    Jump – Frog    Waddle – Duck    Crawl – Bear

## **3. Line Jump**

Jump over a line. The line could be imaginary or use string, Yardstick or some other long flat object.

Jump back and forth across the line.

Jump side to side    Jump front to back    Jump with one leg

## **4. March in place**

Pretend you are on the USS Lexington and March in Place

## **5. Jog in place**

Run slow while standing in place. You can change the place while doing the activity.

## **6. Penguin Waddle**

Place a balloon (small ball or small pillow) between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles, if they drop it, they have to go back to the start.

## **7. Sock Toss**

Get 4-5 pairs of socks and roll them up. Find a clothes basket or similar container, stand 10 feet away and for 1-minute toss the socks one at a time into the container. Retrieve the socks and repeat for the 1 minute. Keep count of how many socks you throw in the container. Do this for 5 – 10 minutes. Try to increase the number of socks you toss into the container.

## **8. Waste paper Basketball**

Make 4-5 paper basketballs. Use a clean wastebasket or another type of container (Example, Laundry basket, cardboard box) stand 10 feet from the container. Using a basketball jump shot shoot 25 times. Keep track of how many shots made. Repeat and try to increase the number of shots made each time. If too easy back up 5 – 10 feet and continue.

## **9. Balloon Foot Balance**

For a real challenge, have your child lie on the ground with their legs up in the air legs out straight and try and balance the balloon (small ball or small pillow) on their feet. It's not an easy task and requires a lot of concentration. It's also a great core workout!

## **10. Sit-ups**

Lay on the floor, knees up, feet on the floor and arms folded across the chest. Sit up and touch your arms (forearms) to your knees, then lay down and touch your back (shoulder blades) to the floor. Repeat this motion for 1 minutes. This is a set of sit ups. Count how many you do in the 1 minute. Repeat this activity for 10 minutes. Rest 1 minute between sets of sit ups.

## **11. Aerobic program on the Wii or X-Box (any other exercise video games or consoles will do)**

Do for at least 30 minutes each time.

## **12. Playing outside**

Weather permitting ride your bike, play tag, football, basketball, baseball, soccer (anything where you are moving for 30 minutes)

## **13. Clean your room – help clean up around the house.**

If this doesn't take 30 minutes combine it with any of the above activities.

