

Lesson Plans

From Coach :Mr. Ball (PE Teacher)

Lesson Plans - April 14-17 and April 20-24 Students will do 2 weeks of exercise. Parents are encouraged to join them.

Web site: <https://m.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

K,1st,2nd grade: April 14 and April 21

Kids Beginners Workout # 1

5 Minute Move/ Kids Workout # 1

April 15 and April 22

Kids Beginners Workout #1

5 Minute Move/ Kids Workout #2

April 16 and April 23

Kids Beginners Workout #1

5 Minute Move/ Kids Workout #3

April 17 and April 24

Kids Beginners Workout # 1

5 Minute Move/ kids Workout #4

3rd,4th,5th grade: April 14 and 21

Kids Beginners Workout # 1

Active 8 Minute Workout #1

April 15 and 22

Kids Beginners Workout #1

Active 8 Minute Workout #2

April 16 and 23

Kids Beginners Workout #1

Active 8 Minute Workout #3

April 17 and 24

Kids Beginners Workout #1

Active 8 Minute Workout # 4

Coach Ball