

# LESSON PLANS

April 27-May 8 2020  
From Coach Ball (PE Teacher)

Students will do two weeks of exercise. Parents are encouraged to join them.

Students are to watch the videos for each day and perform the activities in each video.  
Please find below the name of each video and the web link to each YouTube video.

Grades K, 1, 2:

April 27, 2020

- Daily kids exercise to burn calories.

<https://m.youtube.com/watch?v=1cLMw3YEHuM>

April 28, 2020

- 12 Min Kids Exercise: Morning Fun (Let s Get Active!)

<https://m.youtube.com/watch?v=gIU1vXOH2ts>

April 29, 2020

- Physical Activities For Kids: Get Active At Home!

[https://m.youtube.com/watch?v=3\\_oIssULEk0](https://m.youtube.com/watch?v=3_oIssULEk0)

April 30, 2020

- Kids Workout At Home: Belly and Legs Exercises

[https://m.youtube.com/watch?v=zMv2oo\\_CnhY](https://m.youtube.com/watch?v=zMv2oo_CnhY)

May 1-2020

- The coronavirus explained to children

<https://m.youtube.com/watch?v=MVvVTDhGqaA>

May 4, 2020

- Kids Home Exercises: Workout To Stay Active At Home

<https://m.youtube.com/watch?v=L-8wW40jTzc>

May 5, 2020

- Legs + Arms Kids Exercise At Home

<https://m.youtube.com/watch?v=pizl7eNVSg8>

May 6, 2020

- 10 Fun Daily Exercise For Kids To Do At Home

<https://m.youtube.com/watch?v=h3Xrtm0IVnY>

May 7, 2020

- Morning Kids Workout: Wake Up Exercises

<https://m.youtube.com/watch?v=skSbg1IGup8>

May 8, 2020

- 7 Day Kids Exercise Challenge: Get Stronger, Burn Calories

<https://m.youtube.com/watch?v=ZQJLAX00P4k>

Grades 3rd, 4th, 5th:

April 27, 2020

- Morning Kids Workout: Wake Up Exercises

<https://m.youtube.com/watch?v=skSbg1IGup8>

April 28, 2020

- Daily Kids Exercise To Burn Calories

<https://m.youtube.com/watch?v=1cLMw3YEHuM>

April 29, 2020

- 7 Day Kids Exercise Challenge: Get Stronger, Burn Calories

<https://m.youtube.com/watch?v=ZQJLAX00P4k>

April 30, 2020

- Physical Activities For Kids: Get Active At Home!

[https://m.youtube.com/watch?v=3\\_oIssULEk0](https://m.youtube.com/watch?v=3_oIssULEk0)

May 1, 2020

- 11 Kids Exercises To Lose Belly Fat At Home

[https://m.youtube.com/watch?v=6u9dtrZ\\_cxs](https://m.youtube.com/watch?v=6u9dtrZ_cxs)

May 4, 2020

- Kids Home Exercises: Workout To Stay Active At Home

<https://m.youtube.com/watch?v=L-8wW40jTzc>

May 5, 2020

- 20 Min Physical Activities For Kids To Get Stronger

[https://m.youtube.com/watch?v=o8uTdn\\_zkok](https://m.youtube.com/watch?v=o8uTdn_zkok)

May 6, 2020

- Legs + Arms Kids Exercise At Home

<https://m.youtube.com/watch?v=pizl7eNVSg8>

May 7, 2020

- Walk, jog, or run for 15 minutes.

May 8, 2020

- Safety Measures For CORONAVIRUS | Coronavirus Outbreak | Pandemic | Dr Binocs Show | Peekaboo Kidz

<https://m.youtube.com/watch?v=TSkEwdzGbCA>