

Lesson Plans

From Coach Ball (P.E. Teacher)

May 11- May 15, 2020 and May 18 - May 22, 2020:

Students are to do 2 weeks of exercise as mentioned below. Parents are highly encouraged to join them. On a few days students will watch an exercise video and perform the exercises demonstrated in the video, a link to the Youtube video is provided below.

K-8:

- May 11, 2020: Walk, run, or jog for 15 minutes.
- May 12, 2020: Watch video – Burn Fat at Home, Kids Exercise.
 - <https://www.youtube.com/watch?v=yjnflIzLRiE>
- May 13, 2020: Walk, run, or jog for 20 minutes.
- May 14, 2020: Watch video - 20 Min Physical Activities for Kids to Get Stronger.
 - https://www.youtube.com/watch?v=o8uTdn_zkok
- May 15, 2020: Walk, run, or jog for 20 minutes.
- May 18, 2020: Walk, run, or jog for 20 minutes.
- May 19, 2020: Watch video - Kids Workout / Super Mario Workout.
 - <https://www.youtube.com/watch?v=j363GqSeAho>
- May 20, 2020: Walk, run or jog for 20 minutes.
- May 21, 2020: Watch video - Daily Kids Exercise to Burn Calories.
 - <https://www.youtube.com/watch?v=1cLMw3YEHuM>

May 22, 2020: School is out. Enjoy summer vacation!

******Be sure to stay active******