

**PHYSICAL EDUCATION**  
**LESSON PLAN AND EXPECTATIONS**  
**DURING SCHOOL CLOSURE (COVID-19)**

(Physical Education Assignments)

- (1). Walk, run, or jog for 5 to 10 minutes every day.
- (2). Practice the movement videos every day for at least 20 minutes.

Go to [www.youtube.com](https://www.youtube.com). Type in "elementary movement videos".

There will be several videos for you to choose from.

Examples

- 1. K- 1st.        Shake Your Sillies Out
- 2. 2nd - 3rd.    Moving is Cool
- 3. 4th - 5th.     Dinosaur Stomp

Remember, do movement and exercise every day.

Coach Ball