**Physical Education Lesson Plan**

**Grades K-5 Activities - (May 18 - May 22)**

**Essential Learning Statement:** Your Physical Education teacher will provide you a variety of physical activities and games to play either inside or outside of your home, needing minimal equipment or toys to play. These activities will help our bodies to stay healthy, and our minds to stay happy! The goal is to play each suggested activity for 10 minutes per week; however, we recommend children are active and moving for extended times every day.

Additional skills and bonus activities will be included each week for children who would like to extend their movement beyond 10 minutes and continue practicing learned skills from this school year.

**Always ask an adult’s permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!**

**Activity**: Alphabet Scavenger Hunt

**Skills**: Locomotor Movements (Run, Skip, Gallop, Leap(1 foot to other foot), Hop(1 foot to same foot), Skip, Crawl, Jump(Land on 2 feet), Slide(Sideways).)

**How to play**:

1. Choose a Start/Finish Spot.

2. Gather items that start with each letter of the alphabet using a locomotor movement (listed below) of your choice!

3. Only 1 item may be taken at a time.

4. Items should be placed in order from A to Z.

5. You may skip any letter but will be given a 30 second penalty per letter skipped.

6. Your goal is to finish as fast as possible.

\*You could: Time Yourself, Race a Family Member, Virtually Race a Friend(Facetime/Zoom), Partner Relay Race Another Team.

\*Locomotor Movements: Run, Skip, Gallop, Leap, Hop, Skip, Crawl, Jump, Slide.

**\*\*Bonus Activity**: If you have an object and appropriate space at home, practice kicking and foot dribbling!

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**Activity:** Build your own obstacle course

**Skills:** Agility, strength, balance

**How to play:** Find something in your house or yard to go over, under, around, roll, crawl, or zig-zag.

If possible try to time yourself and then work to improve your time. Find someone to race you. Some ideas of items to include in your obstacle; sticks, rakes, snow shovels, buckets, trees, bush, shoes, hose, and toys.