Kindergarten/1st grade PE

I have broken down the remaining school year into two week increments. Please see the focus activities for the weeks below, and try to work on them three or four days per week. Feel free to mix in brain breaks every few minutes to keep kids engaged! Mr. Peak

Weeks of 3/30 and 4/6 Activities-Jump rope and Hopscotch

Alternates-Dribbling/shooting a basketball, bike riding

Weeks of 4/13 and 4/20 Activities-Walking/running the dog (if you have one) and Biking

Alternates-Soccer, flying a kite

Weeks of 4/27 and 5/4 Activities-Frisbee and kicking a soccer ball

Alternates-Hitting and bouncing a tennis ball, jump rope

Weeks of 5/11 and 5/18 Activities-Swinging at the park or home and easy yoga

Alternates-Swimming (if available) and basketball skills

Of course feel free to adjust according to the equipment you have available and the weather.

Online Resources

The sites listed below have many different ideas you could use to shake up the routine, just keep it fun!

Spark is a PE curriculum provided by Gopher Sports sparkpe.org

PE Central offers a variety of activities pecentral.org

SHAPE is provided by the Society of Health and Physical Educators shapeamerica.org

Mr. Gym also offers multiple activities mrgym.com

US Games offers a curriculum guide called Open Phys Ed openphysed.org