

Physical Education Activities Kindergarten thru 2nd Grade

Dear Parents and Guardians,

Your child needs 60 minutes of activity Daily. This should be 30 minutes in the morning before lunch and 30 minutes in the afternoon.

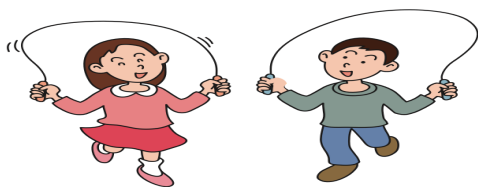
This activity time should be very active. I have put together some activities that we do in the gym to keep us active. Your child will know what these activities are and they will enjoy doing them. This active time will help your child to concentrate on regular learning while they are at home. I hope you find this helpful. I know that keeping your children in active learning is very important to you.

Fondly,

Mrs. Blasko

McDonald Physical Education Teacher

Kindergarten Thru 2nd Grade activity list



5-10 minutes = Jumping rope even if you don't have a rope you can pretend that you do. Try skipping and jumping.

5 minutes = Hands up , wiggle them around, 1 turn around. Start with toes, then knees, then jumping up and down. Repeat hands up, wiggle them around one turn around. Your child will show you how it's done just ask them.

5 minutes = walking up and down steps counting as high as they can, or jumping up and down on both feet counting while jumping.

10 minutes = doing count to 10 exercises that end at 10 with a clap clap. Your child knows scissor jumps, line jumps, frog jumps, jumping jacks, wall push ups, and any type of stretching.

5-10 minutes = stop start running on your command. This can be done in front of your home on the sidewalk, in the back yard or even in your driveway. You can tell them to go and then stop when you say stop.

10-15 minutes of outside time doing something active that they like. This is one of the best things for student learning because it allows them the freedom to play and that play time increases learning time. These activities also help your child to build strong bones.