

P.E. Optional activities for grades K-2:

- Practice all locomotor movements; skipping, hopping, galloping, running, jogging, walking, jumping, leaping, side slide, crab walk, marching, and climbing.
- Practice all non-locomotor movements; stretch, bend, pull, push, turn, sway, swing, twist, curl, and balance.
- Practice throwing and catching with a family member. Count how many catches you get in a row.
- Practice dribbling a ball with your feet, like a soccer player. Remember soft touches on the ball!
- Practice dribbling a ball with your hands (like a basketball player).
- Practice jumping rope, hula hooping, and keeping personal space.
- Practice exercises; plank, modified push-ups, sit ups or curl ups, jumping jacks, mountain climbers, straddle stretch, calf stretch, quad stretch, shoulder stretch, tricep stretch, and sit and reach stretch.
- Practice tumbling skills; bridge, rolls (log, egg, and forward roll), candlestick (shoulder stand), leap like a frog, and cartwheel.
- Tap/strike a balloon or light weight ball in the air, count how many times you can keep it up in the air without letting it hit the floor or ground! Tap it back and forth with a family member.
Choose some GoNoodle activities online, Just Dance Kids videos online to exercise along with.
- A link with a lot of cool striking activities: https://netgeneration.usta.com/us-en/tennis-at-home.html?fbclid=IwAR0zhLmhvo7Iln0aYXNDzTqcHh5VTs8_WDZR92IL969NAB2x9QZEbyoSmZI

*You do not have to remember how to do all of the activities listed. Choose at least two activities per week, that you enjoy, and have fun with it!