

FIRST QUARTER

WEEK ONE

Activity 1: Movement: Can you do this?

Create a designated space for your child such as a mat on the floor. Keep your child moving by asking the following questions:

- Can you run and touch the nearest wall and come back to your space without touching anything else?
- Can you reach high and touch the top of your space (even if it is air)?
- Can you stretch and touch the front of your space without moving your feet?
- Can you stretch and touch the back of your space without moving your feet?
- Can you show how far your space stretches from your feet?
- Can you show how far your space stretches from your waist?
- Can you show how far your space stretches above your head?

Activity 2: Stunts: Rabbit Jumps

Tell your child the following directions:

Place your hands on the floor in front of your feet; get into a knee bend position, with your knees pointed out. Move forward with your hands first and then bring your feet up to your hands. Now continue to jump like a rabbit!

Activity 3: Rhythms: Locomotor Movements

Teach your child the difference between even rhythms and uneven rhythms through practicing the following activities:

Even Rhythms: walk, run, leap, hop, jump

Uneven Rhythms: skip, slide, gallop

Activity 4: Mimetics: Animals

Ask your child to show you the movements of each of the following animals: elephants, ducks, seals, chickens, cats, rabbits, donkeys, whales. Play a guessing game with your child acting like any animal and you guessing the animal.

Activity 5: Movement: Can you do this?

Create a designated space for your child such as a mat on the floor. Keep your child moving by asking the following questions:

- Can you point to a spot far from your space, run to it as fast as you can, and stop on it?
- Can you come back to your own space as fast as you can?
- Can you make your feet move fast right in your space?
- Can you move even faster in your space while not standing on your feet?
- Can you make your arms move fast?
- Can you make your arms and feet move fast?

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Physical Education 1 Lesson Plan

Can you go back to the same spot as you did before, and come back again, moving both arms and feet very fast?

WEEK TWO

Activity 1: Fitness: Sit-Ups

Hold your child's feet to the floor as you speak the following directions:

Lie flat on the floor with your arms folded on your chest, feet near your bottom, legs bent with your feet on the floor. I will hold your feet on the floor as you come to a sitting position and touch your arms to your thighs. Lie down slowly and continue doing more sit-ups.

Activity 2: Rhythms: Nonlocomotor Movements

Teach your child the difference between Simple and Mimetic rhythms through practicing the following activities:

Simple Movements: turn, bend, swing, twist, sway, fall

Mimetic Movements: strike, lift, push, pull, throw

Activity 3: Games: Tag

Teach your child how to play tag. Let him try to tag you, then let him run as you try to tag him. Plan a day when your child can play tag with other children.

Activity 4: Movement: Let us try

Give your child the following directions:

Let us try to stretch both arms.

Let us try to stretch both feet.

Let us try to squeeze ourselves until we are very small.

Let us try to stretch out until we are very wide.

Let us try to reach high until we are tall and thin.

Activity 5: Relay: Lane relays

Teach your child how teams form lanes to run relay races. Using chalk, draw lanes on your sidewalk or driveway to illustrate the concept of lanes for teams. Plan a day when your child can run relay races with other children.

WEEK THREE

The Bicycle Exercise: Lie on your back on the floor, with arms at shoulder level, palms up. Bend your knees over the chest and put a rolled-up towel under your hips. Straighten one leg up toward the ceiling and bend it back over the chest while bending the other leg and straighten it up toward the ceiling.

WEEK FOUR

Stand with back and head against the wall, feet apart, about 4 inches from the wall. Bend knees and bend forward from the waist, letting arms drop forward; keeping hips against the wall. Slowly raise the body, making the spine slowly "climb" the wall. Pull your shoulder blades back toward the wall. Hold the position for a few seconds. This should help you to stand straight the way God wants you to stand.