

Seton Home Study School
Kindergarten Physical Education Lesson Plan



Bridge

Form a bridge by placing your hands and feet on the floor, then ask your child to crawl under your bridge.

Twister Have your child hold a pole with both hands, and step through the triangle formed by the arms and pole. Your child then should be able to step foot by foot forward and backward without letting go of the stick.

Jump the Stick

Hold a pole just above the floor, and ask your child to jump over it.

Variations:

Change the height of the pole. Move the pole back and forth. Vary the speed of the pole.



Jump the Brook

Place a towel on the floor to represent a brook. Ask your child to stand on one side of the brook and attempt to jump over the brook without falling in.

Variations:

Gradually increase the width of the brook using another towel.

Simon Says

Give your child simple directions to follow by saying, "Simon says..."

- Touch your toe to your chin.
- Touch your ear to your shoulder.
- Touch your toe to your elbow.
- Touch your knee to your ankle.
- Touch your knee to your elbow.
- Touch your nose to your knee.

Select body parts that bend, and include stretching.



Wall push-ups

Give your child the following directions:

Stand about an arms distance way from the wall with your legs together. Place your hands on the wall just a little wider than your shoulders. Lean forward, touch your nose to the wall, then push back to your starting position. Be sure to keep your body in a straight line and your heels on the floor.

Ask your child, "How many can you do?"

Jumping Beans

Hold your child's hands. Tell your child to start bouncing, then to jump up and down.

Ask your child to follow simple commands to stop, rest and start again.

Variations:

- Ask your child to hop on one foot, then the other.
- Ask your child to jump quickly or slowly.

