

ACTIVE HOME PHYSICAL EDUCATION K-2

Students may choose to participate on their PE day or everyday!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Warm - Up	GoNoodle- Danger Force	Super 7- Bean Bag	GoNoodle- Footloose	5 push ups 5 sit ups 10 jumping jacks 10 high knees	Dance- Shake It Off
Skill Activity	Pancake Flipper Can you beat my score of 24?	Color By Fitness	Tower Power	Cosmic Kids Yoga- Minecraft	Pattern Fitness 2.0
Mindfulness	GoNoodle- Strengthen Your Focus	Go Noodle- Relieve Anxiety	GoNoodle- Strengthen Your Focus	Go Noodle- Relieve Anxiety	GoNoodle- Strengthen Your Focus

Extra Activity Choices:

[Double Trouble Solitaire](#)

[Jumping into Spring](#)

[April Mind & Body Calendar](#)

Questions?

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