

P.E. Chart K-2 #2

See how many squares and activities you can cross off.

♥ Mrs. Cherry

<p><u>Crab Walk</u></p> <p>Crab walk from your front door, to your bed, and then back to your front door. How many times can you do this?</p>	<p><u>Learn to Dance</u></p> <p>Have a parent find these tunes and teach you the following dances:</p> <ul style="list-style-type: none">• The Chicken Dance• Tooty Ta• Hokey Pokey• YMCA	<p><u>Balance Beam</u></p> <p>Have a parent fold a towel up so it makes a 5-inch balance beam. Put the towel on the floor. Walk back and forth, don't fall off. Take a step, balance on one foot and touch your toes. Repeat action over and over until you have walked the entire beam.</p>
<p><u>Trick Shot Time</u></p> <p>5-10 (parent approved) soft objects. Designated hoop, like a laundry basket. See how many shots you can make. Get creative with your trick shots. Over a chair, down the hallway, etc.</p>	<p><u>Community Helper</u></p> <p>Take a walk and see how many pieces of trash you can clean up. Thanks for being a community helper!</p>	<p><u>Freeze Dance</u></p> <p>Find a parent to D.J. this party. Dance your heart out, but when the music stops, FREEZE!</p>
<p><u>Roll and Pick Workout</u></p> <p>Write 10 workout ideas on small individual papers. Fold each paper and put them in a bowl. Roll two dice and add the #'s. Ex: I rolled 8, then I pick a paper that says jumping jacks. I do 8 jumping jacks. Then I roll and pick my next exercise.</p>	<p><u>Write with your BODY</u></p> <p>Students use different parts of their body to practice air writing their first name, last name letters and sight words.</p> <p>Write with your:</p> <ul style="list-style-type: none">• Elbow• Nose• Chin• Toe• Knee	<p><u>Abdominal Claw Machine</u></p> <p>Find 5-10 (parent approved) soft objects. Small stuffed animals or even rolled up socks. Student lays on the floor with laundry basket above head and soft items by feet. Student uses their feet as the claw machine to grab an item, (head and shoulders stay on the ground) lift with abdominal muscles overhead and drop item into the laundry basket.</p>