

PE K-1st Grade

The first 5-10 minutes of 30 minute class will include stretching and fitness exercises such as pushups, jumping jacks, sit-ups, lunges, etc.

Date	Reading Required Before Class (If applicable)	Class Activities (At least one thing you plan to focus on that day)	Homework (If applicable)
8/24		Freeze Tag / Balance Tag	
8/31		Kickball	
9/7		Soccer	
9/14		Fitness Bingo	
9/21		Musical Chairs	
9/28		Cat and Mouse	
10/5		Wiffle Ball	
10/12	FALL BREAK		
10/19		Dodgeball	
10/26		Crab Soccer	
11/2		Capture the Flag	
11/9		Obstacle Course	
11/16		Class Favorite (TBD)	
1/18		Crossing the River (Sharks and Minnows)	
1/25		Basketball	
2/1		Red Light/Green Light	
2/8		Kickball	
2/15	WINTER BREAK		
2/22		Dead Ants	
3/1		Soccer	
3/8		Balance Tag/Freeze Tag	
3/15		Wiffle Ball	
3/22		Dodgeball	
3/29		Crab Soccer	
4/5	SPRING BREAK		
4/12		Easter Bunny Sack Races and Wooden Spoon Races	
4/19		Class Favorite (TBD)	