**Remote Learning Lesson 2**

**Grades 1,2,3:**

Warm Up - Watch Move and Freeze Video. Click link below. (Do with Parent or Guardian)

<https://www.youtube.com/watch?v=388Q44ReOWE>

Lesson - Do with a Parent or Guardian.

There are 4 basic locomotor skills for us to practice. Locomotor skills move us from one place to another.

1. Walking – Point your toes straight ahead; swing your arms; hold your tummy in; and keep your chest up. Stand tall and show good posture! Walk for 3 minutes.

2. Running (slowly or in place) – Keep your head steady, elbows in, and arms moving forward and back. Move your feet up and down at your own pace. Run in place for 30 Seconds. Do it as many times as you would like!

3. Jumping – Take off from 2 feet and land on 2. Do this 10 times.

4. Hopping – Take off from 1 foot and land on the same foot. Switch feet after a few hops. Try to do 10 with each foot.

Draw a picture of yourself doing all 4 Locomotor movements.

**Remote Learning Lesson 2**

**Grades 4,5,6:**

Warm Up - Watch Move and Freeze Video. Click link below. (Do with Parent or Guardian)

<https://www.youtube.com/watch?v=388Q44ReOWE>

Lesson - Your heart is a muscle, and to keep it strong, you must be active. Running, playing tag, and jumping rope are activities that make your heart happy (Beat Faster).

Before we begin, place your hand on your chest. Can you feel your heart beating? How fast is it beating? Are you breathing very hard right now? Let’s be active for a while, then check again.

Jog in place for 30 Seconds. Is your heart beating faster? That is an active heart rate.

As you rest for 30 seconds it will slow down. That is a resting heart rate.

Please write up and exercise plane that has 3 different exercises. (You can include more then 3 exercises if you would like) Draw pictures of yourself performing each exercise.

Hand into Mr. Jacobs when you get back to school!