**Remote Learning Lesson Week 1**

**Grades 1,2,3:**

Warm-Up: Watch the video and perform the exercises. Link is Below.

<https://www.youtube.com/watch?v=aHVR2FnTpdk>

Lesson 1 (Do with Parent or Guardian)

Activity: Perfect Posture

1. The object is to hold a perfect posture, and keep a paper plate or plastic cup balanced on your head.

2. Place the plate/cup on your head.

3. Time yourself and see how long you can walk around without it falling off your head.

4. Write down your 3 longest times and send them to Mr. Jacobs.

**Remote learning Lesson Week 1**

**Grades 4,5,6:**

Warm- Up - Watch the Video Below. Click on Link Below!

<https://www.youtube.com/watch?v=aHVR2FnTpdk>

Lesson 1 (Do with Parent or Guardian)

Materials: You need 1 Penny, 1 Nickel, 1 Quarter for this assignment.

Assignment: Spin each coin and count how many jumping jacks you can do until it stops. Spin the Penny first, Nickel second, Quarter Last.

Make a bar graph for how many jumping jacks you did for each coin.