**School 13 Physical Education Activities**

**Directions:** Please find your grade level below in relation to each day, press the control button (ctrl) on the keyboard and click on the link (https://) and the website will open up. Students will follow along to the video and mirror/repeat the exercises or movements.

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|  | **Kindergarten – 2nd Grade** | **3rd – 6th Grade** | **7th – 8th Grade** |
| **Day 1** | <https://www.youtube.com/watch?v=JbL6hT2AqBY>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=78ckRDpXwy4>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=78ckRDpXwy4>In addition, take a walk/jog around the block, or 45 minutes-1 hour of playground time under proper supervision. |
| **Day 2** | <https://www.youtube.com/watch?v=78ckRDpXwy4>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=R7Y5MxLYBsc>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=gm99m-qn7aM>In addition, take a walk/jog around the block, or 45 minutes-1 hour of playground time under proper supervision. |
| **Day 3** | <https://www.youtube.com/watch?v=R7Y5MxLYBsc>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=X0Af1M0m8Z4>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=Z0xtYX1Nf5c>In addition, take a walk/jog around the block, or 45 minutes-1 hour of playground time under proper supervision. |
| **Day 4** | <https://www.youtube.com/watch?v=X0Af1M0m8Z4>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=c1pj5SRjIF8>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=kbcgEUH1ZBo>In addition, take a walk/jog around the block, or 45 minutes-1 hour of playground time under proper supervision. |
| **Day 5** | <https://www.youtube.com/watch?v=c1pj5SRjIF8>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=DS8yeXFeEPA>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=4zww0h9cHu0>In addition, take a walk/jog around the block, or 45 minutes-1 hour of playground time under proper supervision. |
| **Day 6** | <https://www.youtube.com/watch?v=Wlh_hLvLZP4>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=ZZd9JeEJjyo>In addition, take a walk/jog around the block, or 20-30 minutes of playground time under proper supervision. | <https://www.youtube.com/watch?v=oQ--HZDG2ew>In addition, take a walk/jog around the block, or 45 minutes-1 hour of playground time under proper supervision. |

Thank you for your cooperation in this matter,

Joseph Curbelo

School 13 - Physical Education