

WELLNESS WORKS



In the Huntington Union Free School District grades K – 3 receive the required amount of instructional physical education (120 minutes in each calendar week) by the certified physical education teacher. Under the Regulations of the Commissioner of Education, Section 135.4 (c) (2) required instruction, (a) all pupils in grades K – 3 shall participate in the physical education program on a daily basis.

On the two non-PE days in each calendar week, the classroom teacher will choose an activity from a menu that was created by the primary Physical Education teachers and the Coordinator of Physical Education. There is no minimum or maximum of minutes required for any one activity.

Please contact the physical education teacher in your building with any questions, concerns or guidance.

ON NON-PE DAYS, SELECT **ONE** ACTIVITY FROM ANY OF THE
THREE CATEGORIES LISTED ON THE MENU.

K-3 WELLNESS WORKS

FIRST SEMESTER MENU

| <u>INSTANT ACTIVITIES</u> | <u>SANFORD HARMONY</u> | <u>GONOODLE VIDEOS</u> |
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| 1) I See... 2) Air Jump Rope 3) As If... 4) Exploring Space 5) Follow the Leader 6) Compliment Tag 7) Number Hunt 8) Take a Break for Fitness 9) Yard Work 10) Paper Aerobics 11) Physical Activity Buddies 12) At the Hop 13) Movement Vocabulary Action Words 14) 12 Days of Fitness | <p>PLEASE FOLLOW YOUR GRADE LEVEL PROGRESSION</p> | <p><u>PRACTICE SELF CONTROL</u> SHAKE IT OFF, MOOD WALK, FROM MINDLESS TO MINDFUL, BELIEVE ANXIETY, MANAGE FRUSTRATION</p> <p><u>MANAGE STRESS</u> HOW TO SALUTE THE SUN, BUNNY BREATH, BEE BREATH, LETS UNWIND, VICTORIOUS, CHILLAX TO THE MAX, WEATHER THE STORM, CHIN UP</p> <p><u>BUILD COMPASSION</u> ARE YOU MORE LIKE SAND OR DIRT, AWESOME UPSTANDER, LIGHT IT UP BLUE, HELP OTHERS</p> <p><u>BODY AWARENESS</u> SHOW STOPPER, TRIANGLE DANCE, ACHY BREAKY HEART</p> <p><u>BALANCE</u> HUNGRY FLAMINGO, TIGHT ROPE, EMPIRE STATE, CIRQUE DE SO LEG</p> <p><u>LOCOMOTOR</u> HOW TO HIT THE WOAHH, BOOM CHICKA BOOM, BABY SHARK, MOOD WALK, KNICKY KNACKY KNOCKY KNEW, FABIOS MEATBALL RUN</p> |