

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

SECOND SEMESTER MENU

<u>INSTANT ACTIVITIES</u>	<u>SANFORD HARMONY</u>	<u>GONOODLE VIDEOS</u>
1) Hot Potato 2) Show Me a Move 3) Rhythm Sticks and Marching 4) Dances 5) Letter Formation with Yarn Strings 6) Heart Smart 7) Catch 100 8) Take a Break for Fitness 9) Aerobic Rock-Paper-Scissors 10) Cap Tip 11) The Wave Maker 12) Stop and Scribble 13) Car Relay 14) Wipe Out	PLEASE FOLLOW YOUR GRADE LEVEL LESSON PROGRESSION	<u>PRACTICE SELF CONTROL</u> ON & OFF, BRING IT DOWN, LIVE IN THE MOMENT, BUILD PATIENTS, STRENGTHEN YOUR FOCUS <u>MANAGE STRESS</u> REST WELL, FIND PEACE, HAVE FUN, LET IT GO, PROPELLER, COZY CHAIR, SURFER BOY <u>BUILD COMPASSION</u> BE A GOOD FRIEND, MAKE SOMEONE HAPPY, BE A TEAM PLAYER, HUG IT OUT <u>BODY AWARENESS</u> SWEET GEORGIA BROWN, FEEL IT STILL, HIT THE BALL YALL <u>BALANCE</u> EAGLE PRETZEL, STAR OF THE SHOW, WILLOW-WILLOW, SQUATASTICO <u>LOCOMOTOR</u> CHICO'S ARCO IRIS, ELECTRIC SLIDE, ROAD TRIPPIN' USA, INDOOR RECESS- ITS PARTY TIME, CLAP STOMP JUMP, TOTAL MOTION