

**February PE Activity: Dance Party!****Lesson(s) Supported:**

- Fitness is Fun

Supplies Needed:

- Dance Party Handout

Length of Time to Complete:

- 5 minutes per day over several days to teach exercises
- 20 minutes to do routine

Audience (grades): 1st – 5th**Common Core Standards Taught:**

- English Language Arts: Speaking and Listening:
 - Participate in collaborative conversations peers and adults in small and larger groups.
 - Follow agreed-upon rules for discussion.
- English Language Arts: Speaking and Listening:
 - Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

Background:

The goal of this lesson is to teach the students a simple, fun exercise routine that they can do at home with their families. Send the students home with the handout after they've learned the routine.

Adjust the speed at which you teach the routine based on how familiar your students are with the exercises and your other lesson plans. Especially for younger grades, you may want to teach a few exercises a day over the course of a week. For example,

- Day 1: Teach Mountain Climbers, Flying Superman, Side to Side Jumping Jacks
- Day 2: Teach Balance, Do Dance Party through song 2
- Day 3: Teach Lunges and Lifts
- Day 4: Do Dance Party through Lifts
- Day 5: Teach Burpees, Plank. Do Dance Party, song 4
- Day 6: Do entire handout

Lesson:

This month you learned that exercise helps your body stay healthy! It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease, and enables you to maintain a healthy weight. To build a strong, healthy body, you should exercise 60 minutes every day. Who remembers what the three types of exercises are and how they help your body stay healthy? (Cardiovascular exercise helps build a strong heart, strength exercises build strong muscles, flexibility exercises lengthen and "loosen" our muscles).

This week we'll learn a fun routine that incorporate all three types of exercise. You can do it at home with your whole family! (Teach the routine).