

Healthful Living Prerecorded Lesson Options - Choose any activity

Elementary Lessons		
	K- 2	3-5
Lesson 1	Chasing, fleeing, dodging (geared K-5)	Chasing, fleeing, dodging (geared K-5)
Lesson 2	Flexibility (geared K-5)	Flexibility (geared K-5)
Lesson 3	Jump Rope (geared K-5)	Jump Rope (geared K-5)
Lesson 4	Self-space, general space, levels (geared for K)	Underhand throwing #1 (geared for 3 rd)
Lesson 5	Juggling #1 (geared for K)	Underhand throwing#2 (geared for 3 rd)
Lesson 6	Juggling #2 (geared for K)	Underhand throwing #3 (geared for 3 rd)
Lesson 7	Locomotor #1 (geared for 1 st)	Overhand #1 (geared for 4 th)
Lesson 8	Locomotor/non-locomotor #2 (geared for 1 st)	Overhand #2 (geared for 4 th)
Lesson 9	Locomotor skills #3 (geared for 1 st)	Overhand/football #3 (geared for 4 th)
Lesson 10	Underhand rolling #1 (geared for 2 nd)	Functional Fitness #1 (geared for 5 th)
Lesson 11	Underhand rolling #2 (geared for 2 nd)	Functional Fitness #2 (geared for 5 th)
Lesson 12	Underhand rolling #3 (geared for 2 nd)	Functional Fitness #3 (geared for 5 th)
Lesson 13	Catching #1 (geared K-2)	Dribbling Hands (geared 3-5)
Lesson 14	Catching #2 (geared K-2)	Dribbling Feet (geared 3-5)
Lesson 15	Catching #3 (geared K-2)	Dribbling Choice (geared 3-5)

Secondary Lesson		
Health Related Fitness Unit (geared to MS)	Jump Rope Unit	Tennis Unit
<ul style="list-style-type: none"> - Body Composition/Cardio - Flexibility - Muscular Strength & Endurance 	<ul style="list-style-type: none"> - Intro, make a rope, basic skills - Target heart rate, JR routine, and challenges - Make a routine 	<ul style="list-style-type: none"> - Intro and make a racquet - Serve - Forehand & Backhand
Dance Unit (flipgrids included, that you will need to set up on your own)	Lifetime Sport Unit	Functional Movement Unit (geared to HS)
<ul style="list-style-type: none"> - Intro to Dance - Dance Part 2 - Cardio Drumming 	<ul style="list-style-type: none"> - Cornhole - Spikeball - Bowling 	<ul style="list-style-type: none"> - Flexibility /Cardio - Muscular Strength - Body Composition & Muscular Endurance
Overhand Throwing Unit		
<ul style="list-style-type: none"> - Softball/baseball - Baseball/softball - Football 		