



## Physical Activities Grades K–5

### Movement Concepts & Physical Activity Knowledge

Please complete these activities with a sibling, parent, guardian, or family member!

<p><b>Balancing</b></p>	<p>Stand on one foot and balance. Time how long you can balance. Now switch feet. Time how long you can balance. Try to beat your times! For an extra challenge, try to stand on one foot and touch your toe!</p>
<p><b>Levels</b></p>	<p>Walk tall like a giraffe to the kitchen. Walk small like a mouse to the closet. How many different heights can you create?</p>
<p><b>Pathways</b></p>	<p>Practice using different pathways. Walk to the bedroom in a zigzag pattern; retrieve the mail using a curvy line. Count how many different pathways you can use.</p>
<p><b>Space</b></p>	<p>Play a song on a speaker, sing a song, or clap a beat. Dance to the beat in your own space.</p>
<p><b>Speed</b></p>	<p>Run across the yard, slowly tiptoe to the living room. How many different speeds can you create?</p>
<p><b>Fitness Knowledge</b></p>	<p>Check your pulse by placing your index and middle finger on the right side of your esophagus (windpipe/neck) and feel for your heartbeat. Check your pulse when you complete these activities. Which activities make your heart beat faster?</p>