

Homeschool PE Made Simple

Week 3 - Day 1: Animal Moves & Creative Play!

Objective:

Today's session is all about fun, movement, and imagination! Kids naturally love pretending and mimicking movements, so we'll use animal-inspired exercises to help them build strength, flexibility, and coordination in a creative way.

Warm-Up (3-5 Minutes)

- Wiggle Like a Worm - Lie on the floor and wiggle forward (30 sec)
- Reach Like a Giraffe - Stretch arms high and stand on tiptoes (30 sec)
- Shake Like a Puppy - Shake out arms, legs, and whole body (30 sec)

Main PE Activity: Animal Moves Circuit

Repeat 2-3 times:

1. Frog Jumps - Squat low, jump forward like a frog, land softly, and repeat.
2. Bear Walks - Hands and feet on the ground, crawl forward like a bear.
3. Flamingo Balances - Stand on one foot like a flamingo, switch legs every 10 sec.
4. Cheetah Sprints - Sprint in place or across a short distance as fast as possible!
5. Kangaroo Hops - Jump forward using both feet, arms tucked in like a kangaroo.

Cool Down (2-3 Minutes)

- Cat Stretch - Kneel and stretch arms forward, arch and round back.
- Snake Slither - Lie on belly and slowly lift chest off the ground like a cobra.
- Deep Breaths - Inhale for 4 counts, exhale for 4 counts.

Encouragement for Mom:

Kids learn best through imaginative play, and movement doesn't have to be boring or repetitive. This session turns fitness into an adventure, keeping kids engaged while improving strength, flexibility, and balance.