

Homeschool PE Made Simple

Week 2 - Day 1: Strength Through Play!

Objective:

This week, we're focusing on building strength through engaging, playful movements. Kids naturally build strength as they climb, crawl, push, and pull-so today's activities will mimic those natural movements while keeping it fun!

Warm-Up (3-5 Minutes)

- March & Punch - March in place while punching the air (30 sec)
- Toe Touch & Reach - Reach for toes, then stretch arms high (30 sec)
- Side Lunges - Step side to side, stretching inner legs (30 sec)

Main PE Activity: Strength Challenge

Repeat 2-3 times:

1. Crab Walk Races - Sit with hands and feet on the ground, lift hips, and walk forward & backward like a crab. Race across the room!
2. Push-Up Contest - See how many push-ups kids can do (modify by doing them on knees or against a wall).
3. Wall Sit Challenge - Have kids lean against a wall in a sitting position-hold as long as possible!
4. Superhero Lifts - Lie on belly, lift arms & legs like a flying superhero, hold for 5 sec, then relax.
5. Towel Tug-O-War - Use a small towel or rope and play a friendly tug-of-war to build arm and core strength.

Cool Down (2-3 Minutes)

- Butterfly Stretch - Sit with feet together, gently press knees down.
- Arm Circles & Shoulder Rolls - Loosen up the upper body.
- Deep Breaths - Inhale for 4 counts, exhale for 4 counts.

Encouragement for Mom:

Strength isn't just about lifting weights-it's about functional movement, balance, and body control. Kids naturally gain strength through playful, resistance-based activities like today's workout! Keep it light, fun, and engaging!