

Homeschool PE Made Simple

Week 1 - Day 1: Full Body Fun!

Objective:

Today's focus is on getting kids moving with a fun, full-body PE session that builds strength, coordination, and confidence - without feeling like a structured workout.

Warm-Up (3-5 Minutes)

- Jumping Jacks - 30 seconds
- High Knees - 30 seconds
- Arm Circles - 20 seconds forward, 20 seconds backward

Main PE Activity: Full Body Circuit (Repeat 2-3 Times)

Do each movement for 30 seconds, then rest for 15 seconds:

1. Squats - Stand with feet shoulder-width apart, lower down, and stand back up.
2. Bear Crawl - Get on hands and feet, crawl forward a few steps, then backward.
3. Superman Hold - Lie on belly, lift arms and legs slightly, hold for 10 seconds, rest, repeat.
4. Side-to-Side Jumps - Jump from side to side over an imaginary line.
5. Plank Hold - Hold a plank position on hands or forearms.

Cool Down (2-3 Minutes)

- Big arm stretches - Reach high, then reach for toes.
- Seated Butterfly Stretch - Sit with feet together, gently push knees down.
- Deep Breaths - Breathe in for 4 counts, out for 4 counts.

Encouragement for Mom:

You don't need a perfect plan or a gym to keep your kids active. This is about movement, fun, and energy - not perfection. Show up, have fun, and enjoy the process!