**1st Grade**

**2nd 9 weeks**

**Mondays: “Mindful Mondays”**

**Yoga, Stretching, Balance and Coordination, etc.**

**Tuesdays: “Track Tuesdays”**

**Mile Run/Walking (Students will work on improving their mile time. The boy and girl in each homeroom, with the most miles run at the end of the year, will win the PE award).**

**Wednesdays: “Work Out Wednesdays”**

**HIIT Workouts, Kickboxing, Tabata Workouts, etc.**

**Thursdays: “Track Thursdays”**

**Mile Run/Walking (Students will work on improving their mile time. The boy and girl in each homeroom, with the most miles run at the end of the year, will win the PE award).**

**Fridays: “Free Choice Fridays”**

**Student choice of: Mile Run/Walk, Hop Scotch, Outdoor Maze, Agility Course, Dance, etc.**