

Daily Routine for Motor Skills
Preschool/ Pre-K

- Opening: Song with movement
- Game/Centers: Activity or circuit involving the skills which the students are learning
- Closing: Stretches or short transitional activity designed to prepare students physically and mentally to re-enter the classroom

Daily Routine for P.E.
Kindergarten- 5th Grade

- WARM UP (5 Minutes) - Designed to get student's bodies moving and elevate their heart rate, preparing them for more vigorous activity
- GAME (20 Minutes) - An activity involving the skill students are developing according to the unit under study
- COOL DOWN (5 Minutes)- A stretching routine utilizing basic yoga stretches designed to bring down students' heart rates gradually and prepare them, mentally and physically, to re-enter the classroom environment. While they stretch the teacher emphasizes basic learning points from the mini-lesson of the week