

Lesson Plans April 20th-May 15th 2020

Kimball High School students will be required to do 400 minutes every two weeks of moderate to vigorous physical activity. The students will be required to fill out a fitness log of their weekly activities. Students will turn in their fitness logs on May 1st and May 15th.

The fitness logs will address the following California standards.

- 1.1.2 Demonstrate independent learning of movement skills.
- 2.1 Participate in moderate to vigorous physical activity at least four days each week.
- 2.2 Participate in enjoyable and challenging physical activities that develop and maintain the five components of physical fitness.