



3rd & 4th Grade PE Choices



Dear Dolphins,
Here are some fun physical activities you can choose from. Please choose one warm-up activity and one main activity. Please make sure you are being safe and you have an adult watching you.

Have fun!!
Mrs. Lappen & Mr. Pfluge

Warm-Up Activities: Choose 1

1. Warm-Up Exercises for 3 minutes: play a song and go through the exercises.

Jumping Jacks	Sit & Reach
Toe Saws	Crunches
Mountain Climbers	Plank
High Knees	Surfer Stretch
Superman	Arm Circles
Push-ups	Chicken Wing
ABC Push-ups	Arms Across
Squat	High Heels
Sit-Ups	Box Jumps

2. Dance for 3 minutes: Choose a song and dance for the whole song!



3. GoNoodle Warm-Up Video: Choose and complete one video.

[Wake Up - Fresh Start Fitness | GoNoodle](#)

[Pump It Up - Fresh Start Fitness | GoNoodle](#)

[Blast Off - Fresh Start Fitness | GoNoodle](#)

[Full Speed - Fresh Start Fitness | GoNoodle](#)

[Trolls: Can't Stop The Feeling | GoNoodle](#)

Main Activities: Choose 1

1. Choose a video:

[GoNoodle Yoga \(about 4 minutes\)](#)

[Kids HIIT Workout Beginners \(about 16 minutes\)](#)

[Kids HIIT Workout 2 \(about 30 minutes\)](#)

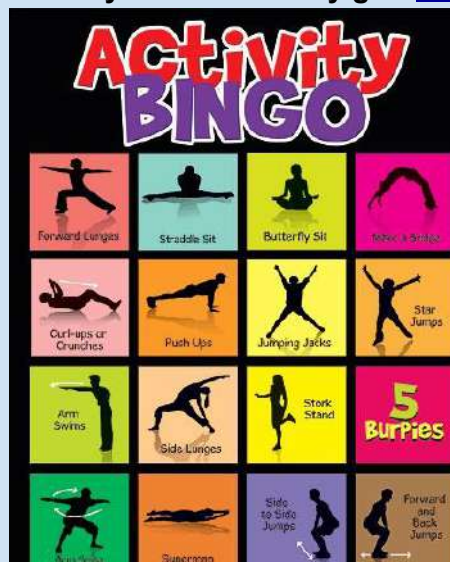
2. Walk or Jog/Run

With a Family

Member:

In a safe place, walk, jog or run for 15-20 minutes.

3. Activity Bingo: Cross off each activity after you complete it. Use the one below or create your own activity grid [here](#).



4. Jump Rope: if you have a jump rope, practice any of the skills below for 15-20 minutes.

Forwards/Backwards:

Basic Hopping Alternating
Skier Bell Rocky Cross
Kangaroo Can-Can
Double Under

5. Practice A Sport:

If you have a ball or sport equipment practice skills related to that sport for 15-20 minutes.

Soccer Lacrosse Basketball
Golf Frisbee Baseball/Softball
Volleyball