

Class Green Physical Education

Hello Class Green! I hope you are all staying safe and healthy.

Physical education is very important, even when we are in quarantine our muscles need to be stretched and activated. I miss you all dearly and can't wait to be back in the gym playing games and staying fit.

Love, Miss Ana.

Complete these activities in this order Tuesday's & Friday's (Twice a week)

- 1.Stretch
- 2.Do Calendar warm-up
- 3.Pick a Skill or activity
- 4.Reflection Questions

*Students who complete each week, do their stretches, warm-up, skill and reflection questions will be rewarded when school starts-up again!

Stretch

If you have a computer with internet you can stretch with me by:

1. Go to youtube
2. Type: "Stretching with Ms Ana Spurwink"
3. Follow the video

If you don't have access to the internet here are the stretches we would normally do:

Hold each stretch for 10 seconds
Always do both sides, right and left.



**Arm circles, frontward
& backward**



**SHOULDER STRETCH
switch arm**



tricep stretch, switch



**Quad stretch, both
sides**



**reach down, back
stretch**



**get down, butterfly
stretch**



**reach forward,
hamstring stretch**

**make a capital V reach
forward**



**reach to one leg,
switch**



**glue stretch, hug your
knee**

Pick a Warm-Up

Yellow Workout

- *40 Jumping jacks
- *30 Second Stretch
- *20 Back Kicks
- *10 Squats
- *ABC Push Ups
- *20 Jump Ropes
- *7 Standing long jumps
- *10 Hops each foot

Blue Workout

- *40 Jumping jacks
- *10 R and L arm stretches
- *7 Squats
- *15 Heel raises
- *20 High knees
- *7 Lunges
- *15 Crunches
- *20 Mountain Climbers

Atlas Adventure Workout

WHAT'S YOUR NAME?

- | | |
|---------------------------------------|-------------------------------------|
| A 5 Burpees | N 14 High Knees |
| B 10 Arm Circles | O 5 Jumping Squats |
| C 30 Second Jog | P 6 Crunches |
| D 10 Mountain Climbers | Q 5 Squats |
| E 5 Jumping Jacks | R 8 Russian Twists |
| F 8 Sit Ups | S 30 Secs Running High Knees |
| G 5 Leg Raises | T 15 Side Lunges |
| H 30 Hop (15 secs on each leg) | U 10 Jumping Lunges |
| I 5 Lunges | V 5 Standing Calf Raises |
| J 5 Push Ups | W 8 Donkey Kicks |
| K 10 Second Plank | X 8 Bicycle Crunches |
| L 15 Second Wall Sit | Y 10 Bridges |
| M 10 Toe Taps | Z 10 Tricep Dips |

To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.

Red Workout

- *Jog in place for 1 minute
- *10 R and L leg stretches
- *Plank for 20 seconds
- *15 Scissor Jumps
- *10 Sit Ups
- *Wall Squat 25 seconds
- *15 Ski Jumps
- *10 Toe Touches

Green Workout

- *Jog in place for 1 minute
- *30 Second Stretch
- *10 Leap Frogs
- *10 Walking Lunges
- *15 Squat Kicks
- *25 Mountain Climbers
- *15 Skips in place
- *15 You Pick

Atlas Adventure Workout

WHAT'S YOUR NAME?

A 5 Burpees

B 10 Arm Circles

C 30 Second Jog

D 10 Mountain Climbers

E 5 Jumping Jacks

F 8 Sit Ups

G 5 Leg Raises

H 30 Hop (15 secs on each leg)

I 5 Lunges

J 5 Push Ups

K 10 Second Plank

L 15 Second Wall Sit

M 10 Toe Taps

N 14 High Knees

O 5 Jumping Squats

P 6 Crunches

Q 5 Squats

R 8 Russian Twists

S 30 Secs Running High Knees

T 15 Side Lunges

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V 5 Standing Calf Raises

W 8 Donkey Kicks





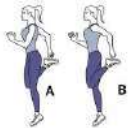







X 8 Bicycle Crunches

Y 10 Bridges

Z 10 Tricep Dips

To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.

**forgot how to do a warm-up? check here or
find the exercise on youtube.**

 <p>lunges</p>	 <p>squat</p>	 <p>crunches</p>	 <p>mountain climbers</p>	 <p>high knees</p>
 <p>heel raises</p>	 <p>back kicks</p>	 <p>standing long jump</p>	 <p>squat kick</p>	 <p>leapfrog</p>
 <p>walking lunge</p>	 <p>wall sit</p>	 <p>plank</p>	 <p>scissor jumps</p>	 <p>ski jumps</p>

***Pick 1 box or skill** to work on per gym day (twice a week) , you will be writing about the one you picked under reflection.

**More workout activities you can do at home if you are bored and want extra credit:
(Attached below)**

- 1)Flip Bottle challenge
- 2)Bingo workout
- 3)Uno workout
- 4)Fitness tic-tac-toe

Youtube videos you can watch:

- LIVE WORKOUT with Body Coach TV everyday at 9am Monday-Friday on youtube
- Avengers HITT fitness warm up by Michael Ginicola
- Avengers ENDGAME kids tamara workout by Glenn Higgins Fitness
- Any Michael Ginicola or Glenn Higgins Fitness is fun youtube workouts!
- Any fun dance workouts
- Any other fun online activities I will share with Ms. Shannon to share with you on MobyMax

<input type="checkbox"/> <u>Balance Challenge</u> <u>Round 1:</u> Frisbee/ plate in dominant hand <u>Round 2:</u> Frisbee/ plate in non dominant hand <u>Round 3:</u> Frisbee/ plate with 1 cup on top in dominant hand <u>Round 4:</u> Frisbee/ plate with 1 cup on top nondominant hand <u>Round 5:</u> Frisbee/ plate with 2 cups on top in dominant hand <u>Round 6:</u> Frisbee/ plate with 2 cups on top nondominant hand	<input type="checkbox"/> Rolling: <ul style="list-style-type: none"> • Step • Swing • Bend • Roll <p>Using a ball or a roll of toilet paper see if you can roll the ball to knock over items such as dominos or empty soda bottles. If you can't do that try rolling the ball into a wash basket/ hamper to see how many times you can score.</p>	<input type="checkbox"/> <u>SKILL:</u> Throw and/or Catch <i>Skill Practice:</i> Choice Day! Pick any lessons from Monday-Thursday of this week! Have fun!	<input type="checkbox"/> Create your own challenge Create your own physical activity or challenge and write it down here:
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<p><input type="checkbox"/> <u>SKILL:</u> Overhand Throw</p> <ul style="list-style-type: none"> • Step • Arm L-Bend • Throw <p><i>Skill practice:</i> Throw overhand with someone or at a target/object. Use a ball or rolled up pair of socks. Try to hit your partner or target 50 times.</p>	<p><input type="checkbox"/> Your choice pick a sport or activity to play with your family for 30 minutes</p> <ul style="list-style-type: none"> • Walk/run • Basketball • Soccer • Going to the park • Yoga • Dance • Baseball • Hockey • Just dance 	<p><input type="checkbox"/> Keep it up -See how long you can keep a ball, balloon, sock up in the air -2 hands -1 hand Remember: hand open wide palm up or you can use a racket</p>	<p><input type="checkbox"/> Self Toss Try and self toss a ball or sock up and catch it -2 hands -1 hand</p> <p>Volleyball toss</p> <p>-using toilet paper how many times can you bump the ball to yourself or to the wall?</p>
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<p><input type="checkbox"/> <u>SKILL:</u> Underhand Throw</p> <ul style="list-style-type: none"> • Swing arm back • Step with opposite foot • Swing arm forward and throw <p><i>Skill Practice:</i> Throw underhand with someone or at a target/object. Use a ball or rolled up pair of socks. Try to hit your partner or target 50 times.</p>	<p><input type="checkbox"/> <u>SKILL:</u> Catching</p> <ul style="list-style-type: none"> • Watch ball • Two hand • Squeeze <p><i>Skill Practice:</i> Throw the ball up to yourself and catch 50 times. Challenge yourself by clapping while the ball/sock is in the air before catching. -clap once -clap twice -clap three times</p> <p>How many times can you clap before catching?</p>	<p><input type="checkbox"/> <u>SKILL:</u> Throw and Catch</p> <p><i>Skill Practice:</i> Throw and catch a ball or ball or pair of socks. Practicing throwing with your...</p> <ul style="list-style-type: none"> •right hand only 10 times. •left hand only 10 times. •from right hand to left hand (back and forth) 10 times. •from left hand to right hand (back and forth) 10 times. 	<p><input type="checkbox"/> Basketball Shooting Practice:</p> <ul style="list-style-type: none"> • Balance (athletic stance- feet apart, knees bent) • Eyes (look at your target) • Elbow (tuck elbow under the ball - dominant hand) • Follow through (fully extend elbow and wrist flicks over) <p>See how many shots you can make into a hoop or into a hamper/ wash basket. If you make it from that spot 2x move to a new</p>
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Reflection 1	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

reflection 2	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

reflection 3	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

reflection 4	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

Reflection 5	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

reflection 6	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

reflection 7	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

reflection 8	
What warm-up did you do?	What skill did you practice?
was it challenging for you why or why not?	How would you make this skill more challenging or easier?

Bottle Flipping Fitness

Flip the bottle and try to get it to land up right on a color

If it doesn't land up right :

Jog in place



PLAYING CARD FITNESS!

EQUIPMENT

Deck of Playing cards

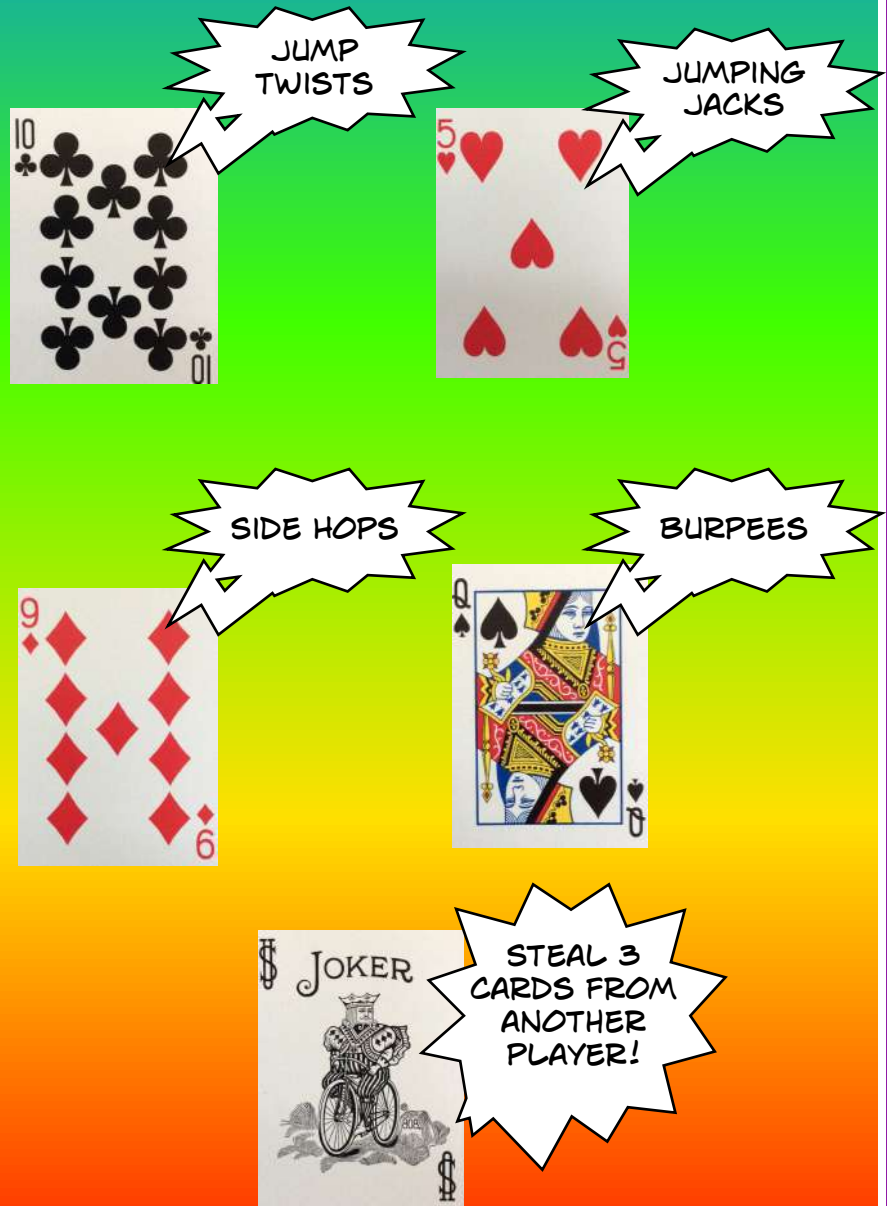
OBJECTIVE

Collect as many cards as possible in a set time period

RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a 6 of hearts = 6 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever has the most cards wins!!!

CARDS



UNO HOME FITNESS!

EQUIPMENT

Deck of UNO Cards

OBJECTIVE

Collect as many cards as possible in a set time period

RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a yellow 5= 5 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever has the most cards wins!!!

CARDS



JUMPING JACKS



TAKE 2 CARDS AND DO THE EXERCISES



JUMP TWISTS



TAKE 4 CARDS AND DO THE EXERCISES



SIDE HOPS



JOG BACKWARDS AROUND THE ROOM



BURPEES



5 PUSH-UPS



SKIP AROUND THE ROOM



FITNESS BINGO #1

Have a parent/guardian initial each square as your complete it! Get a blackout (all squares covered) and return to Miss Ana to be put in a drawing for a goodie bag!

Go for a 10 minute walk.	Read at least 20 pages in a book.	Cook one new healthy recipe with your family	Do 6 laps around your home.	Eat 3 cups of veggies in a day.
Try something new! Write below: _____	30 jumping jacks	10 push ups 20 squats 30 curl ups	Play outside for 20 minutes.	20 Lunges (alternate legs) 20 Calf Raises (up on your toes)
30 catches with a ball or item of your choice	Your choice of fitness based activity for 20 minutes	FREE SPACE	Go for a 20 minute walk.	Play a game with your family. (cards, sport, board game, etc.)
45 second plank	Play outside for 20 minutes	Eat 3 cups of veggies in a day	Read at least 10 pages in a book.	10 push ups 10 Curl Ups 10 Squats 10 second Butterfly Stretch
Give a compliment to each person in your house.	Jog in place for 1 minute	Your choice active activity For 10 minutes	Drink at least 5 cups of water in a day.	Help clean the germs in at least one room in your home.

Fitness Tic-Tac-Toe

You need to complete the exercises in the square you want to mark before you mark it. The first to get three in a row/tic-tac-toe is the winner. Good Luck!

10 Jumping Jacks 20 High Knees 10 Push-ups	20 Mountain Climbers 10 Squats 10 Lunges	30 Second Wall Sit 20 Calf Raises 10 Tuck Jumps
20 Shoulder Taps 20 Line Jumps 10 Sit-ups	10 Russian Twists 30 Second Plank 5 Star Jumps	5 Burpees 10 Palm to Elbows 30 Second 6-inches
20 High Knees 10 Squats 20 Calf Raises	20 Line Jumps 30 Second Plank 10 Palm to Elbows	10 Push-ups 10 Lunges 10 Tuck Jumps



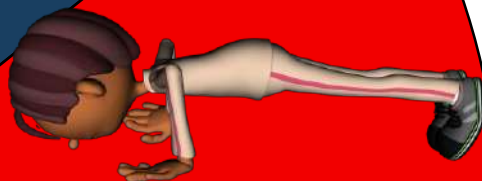
FIDGET SPINNER P.E. SPIN BOARD



**JUMPING
JACKS**



**TUCK
JUMPS**



PUSH-UPS

**MOUNTAIN
CLIMBERS**



SIT-UPS

**SKIP IN A
CIRCLE**



**SQUAT
JUMPS**





FIDGET SPINNER P.E. SPIN BOARD

