

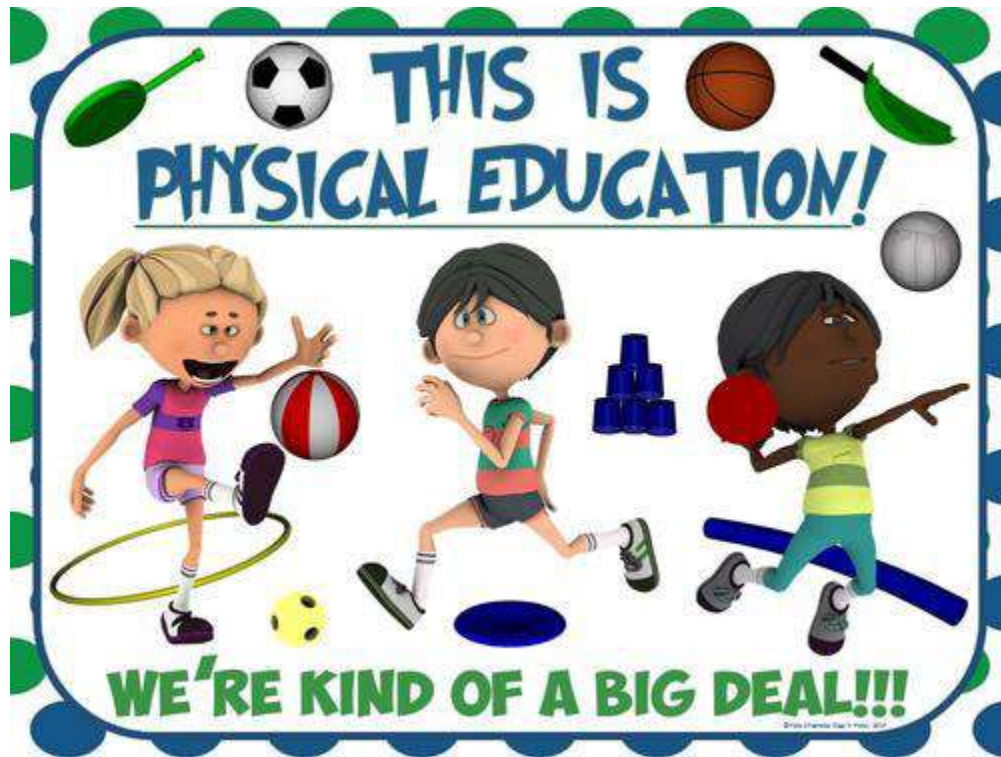
# Physical Education Workbook

K-2<sup>nd</sup> Grade

Herrera Elementary

Mrs. Roby

Dear



Students,











I hope you all are safe and healthy. I have made you a workbook that you can complete at home until we see each other again! I hope that you remember exercise is important to keep your body healthy in order to fight off any sickness, and always remember to wash those hands! Please get plenty of rest and drink lots of water! I can't wait to see you again. Until then, I will be thinking of you!











Sincerely,

Mrs. Roby

# Fitness Calendar

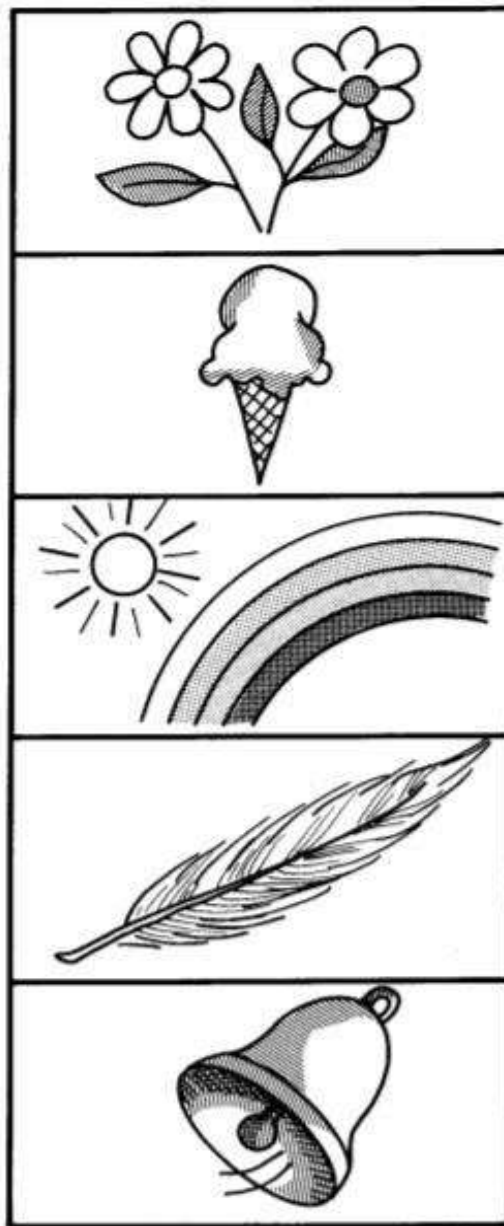
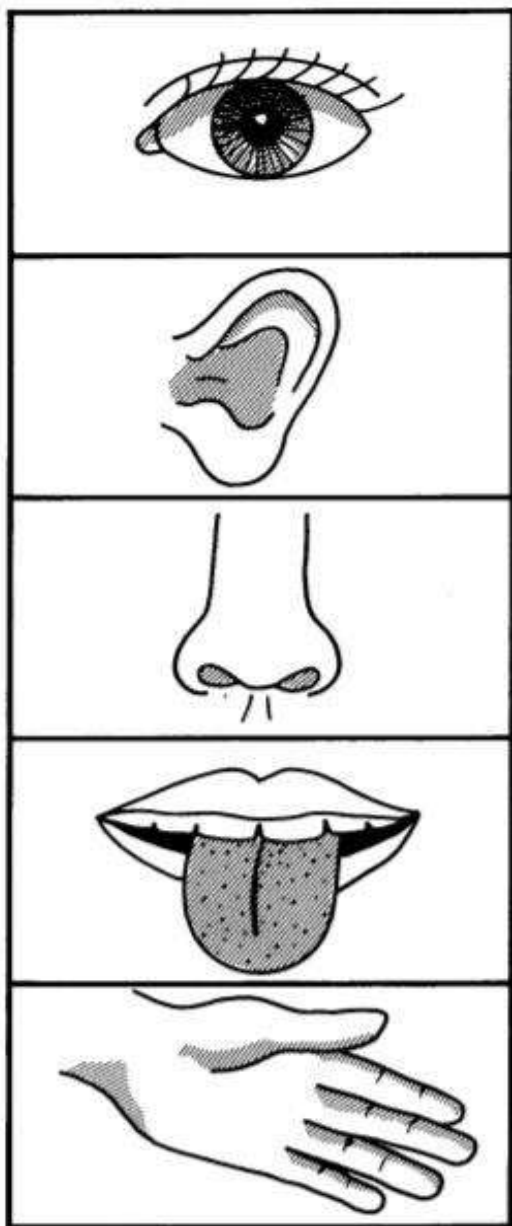
Below is a fun fitness calendar you can do with your family. To make it extra fun, roll two dice, add them together and do each daily exercise that many times. Place a checkmark next to each day that you complete.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>16</b>  Jog in place for one minute	<b>17</b>  Do 20 jumping jacks	<b>18</b>  Do 10 push ups	<b>19</b>  Jump rope or jump over a line 10 times.	<b>20</b>  Do 10 sit ups
<b>23</b>  Crab walk around a room	<b>24</b>  Do 10 squats	<b>25</b>  Do your PE stretches	<b>26</b>  Do 20 wall push ups	<b>27</b>  Run in place for one minute

<b>30</b>  Say your ABC's while jumping	<b>31</b>  Jog in place for 30 seconds in every room in your home.	<b>APRIL 1</b>  Dance to your favorite song	<b>2</b>  Balance on one foot while you count to 10	<b>3</b>  Pretend to hula hoop while saying the alphabet (use a hula hoop if you have one)
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6</b>  Challenge your family to a "jumping jack race to 50"	<b>7</b>  Skip for one minute	<b>8</b>  Do 60 seconds of arm circles forwards then backwards	<b>9</b>  Do a plank for 20 seconds	<b>10</b>  Rest and say a prayer with your family

## Body Parts

Look at the pictures on the left and tell the body part shown. Then match each body part with the picture on the right of something it can do.



Now draw something on the back of this sheet that you can SEE, HEAR, SMELL, TASTE, or TOUCH right now!

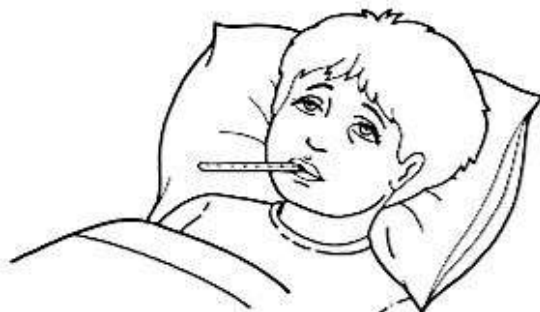
## GERMS

What little living things can make you cough and sneeze and stay in bed for days?  
Germs!

Germs are so small that you need a microscope to see them. They are found all over the world. They spread when someone sneezes or coughs. Then, they enter our body and make us sick.

Germs produce a toxin. This is like a poison. Some germs cause a fever. Others cause us to be tired. Some cause a rash.

You can protect yourself from germs by washing your hands a lot. Cover your mouth when you cough. Sneeze into the crook of your arm or use a tissue. Then, wash your hands again!



### STORY QUESTIONS

1. Which sentence is **true**?
  - a. You can see germs on your arm.
  - b. Germs are found only in America.
  - c. You need a microscope to see germs.
  - d. All germs keep us healthy.
2. Some germs are spread by . . .
  - a. words.
  - b. coughs.
  - c. microscopes.
  - d. washing your hands.
3. In this story, the word *toxin* means . . .
  - a. coughing.
  - b. sneezing.
  - c. tissue.
  - d. poison.
4. What should you do after you sneeze?
  - a. Wash your hands.
  - b. Go to sleep.
  - c. Get a microscope.
  - d. Look for germs.

Name \_\_\_\_\_ Date \_\_\_\_\_

## The Basketball Game

### A Picture Cloze Activity



Use the words in the text boxes to complete the story.

rode	dribble	games
play	basketball	bought

Jack likes to (1) \_\_\_\_\_ basketball.



He always plays (2) \_\_\_\_\_ with his friends



after school. Jack likes watching basketball (3) \_\_\_\_\_



on television. Once, Jack's dad (4) \_\_\_\_\_ tickets



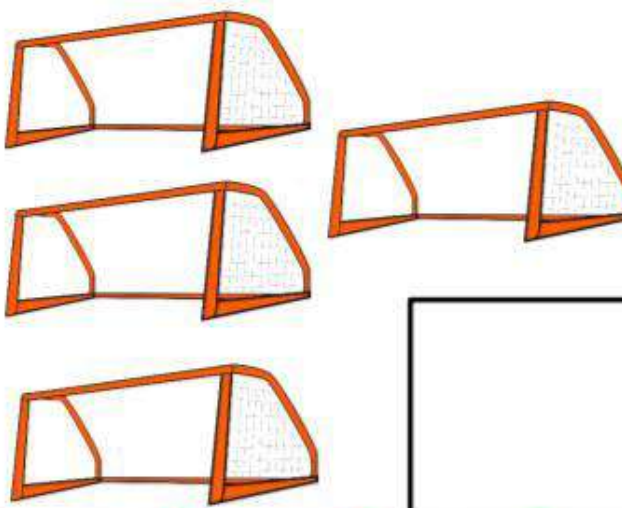

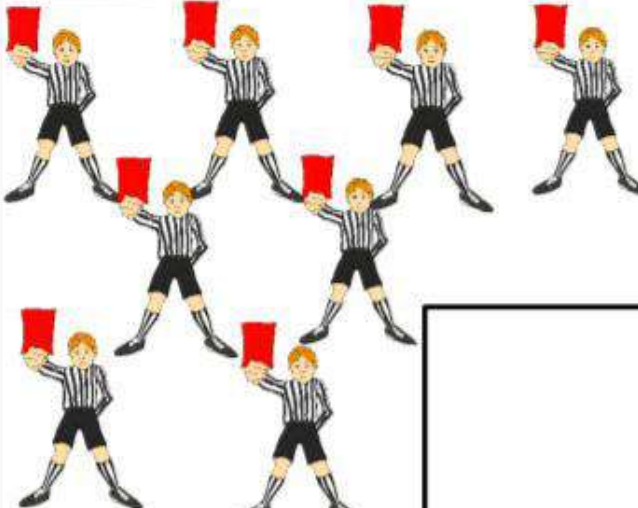


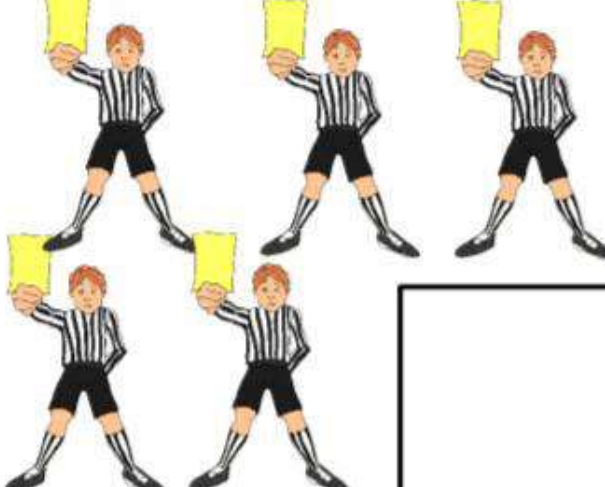
to a basketball game. Jack and his father (5) \_\_\_\_\_



the train to the game. Jack had fun watching the players

shoot and (6) \_\_\_\_\_ the ball. Jack had

fun at the game.

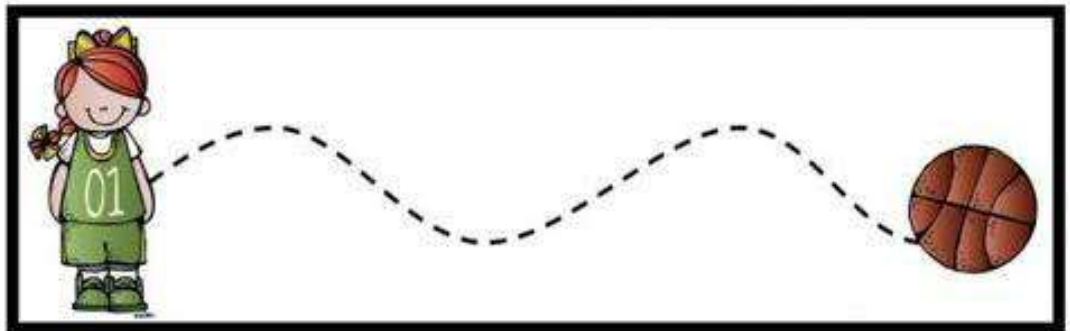
	
	
	

Directions: Count the images and write how many you see in the box.

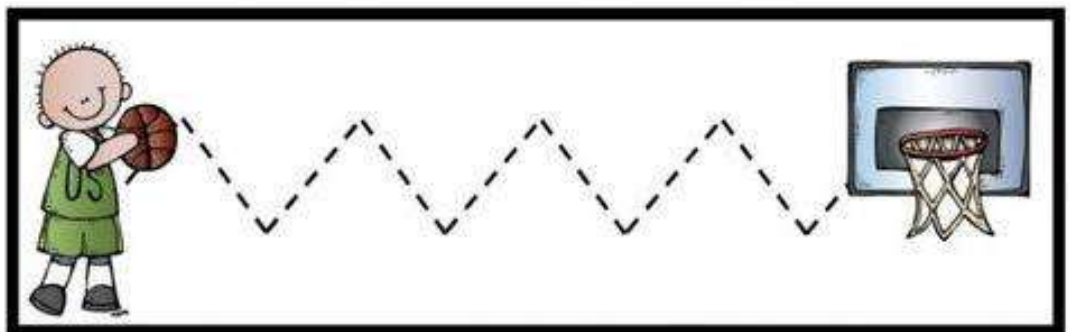
# Pathways

Trace the Lines

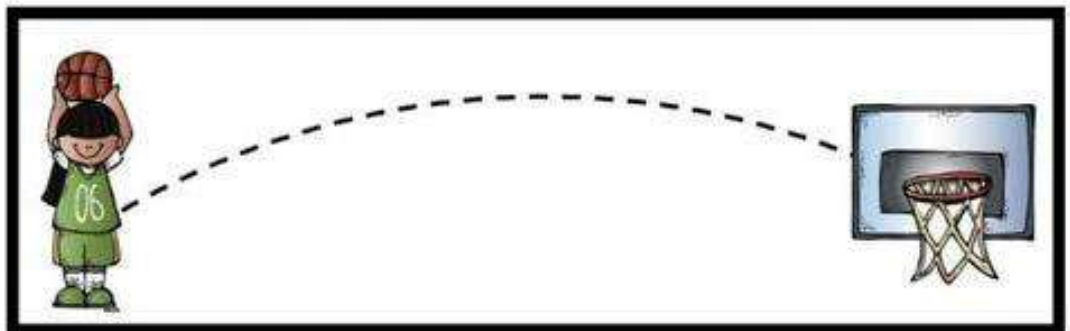
Curvy



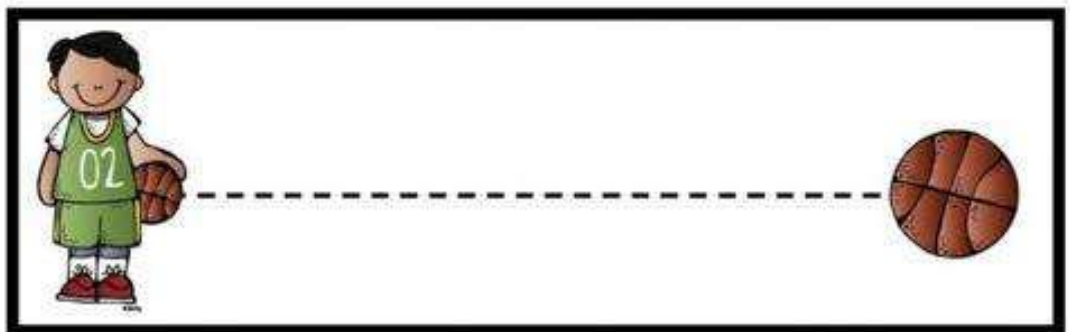
Zig Zag



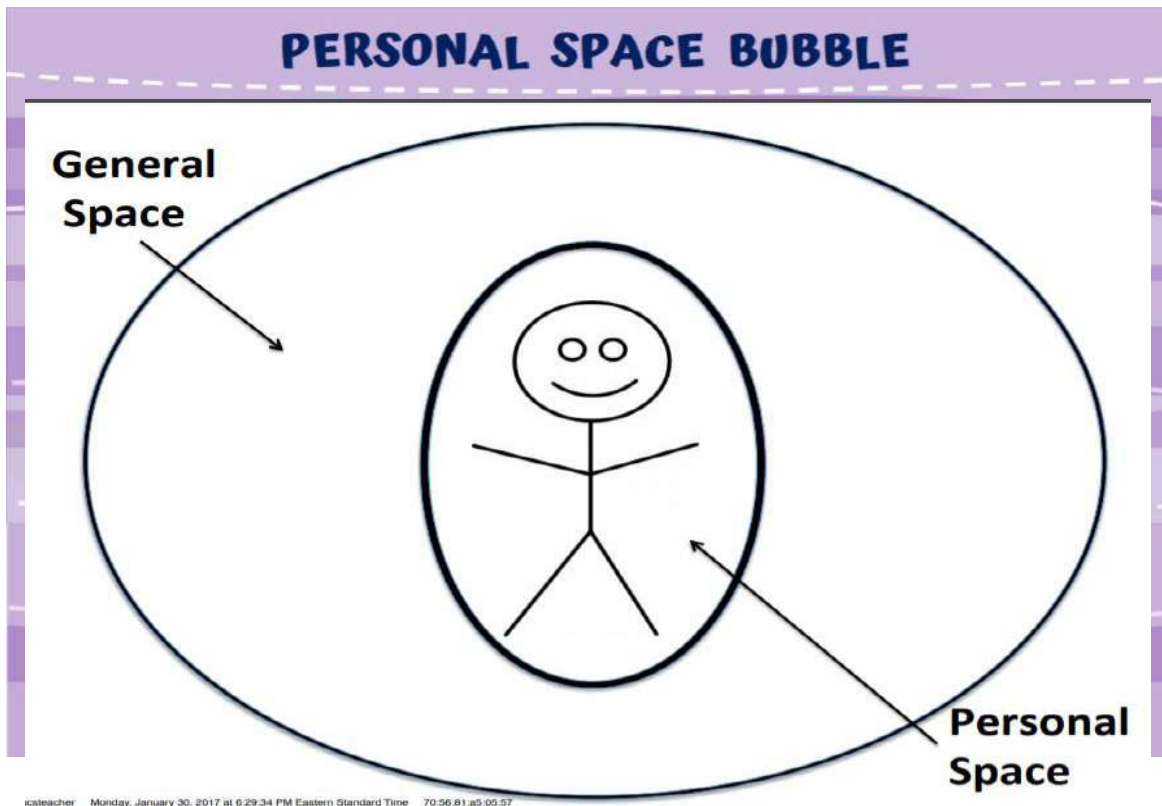
Curvy



Straight



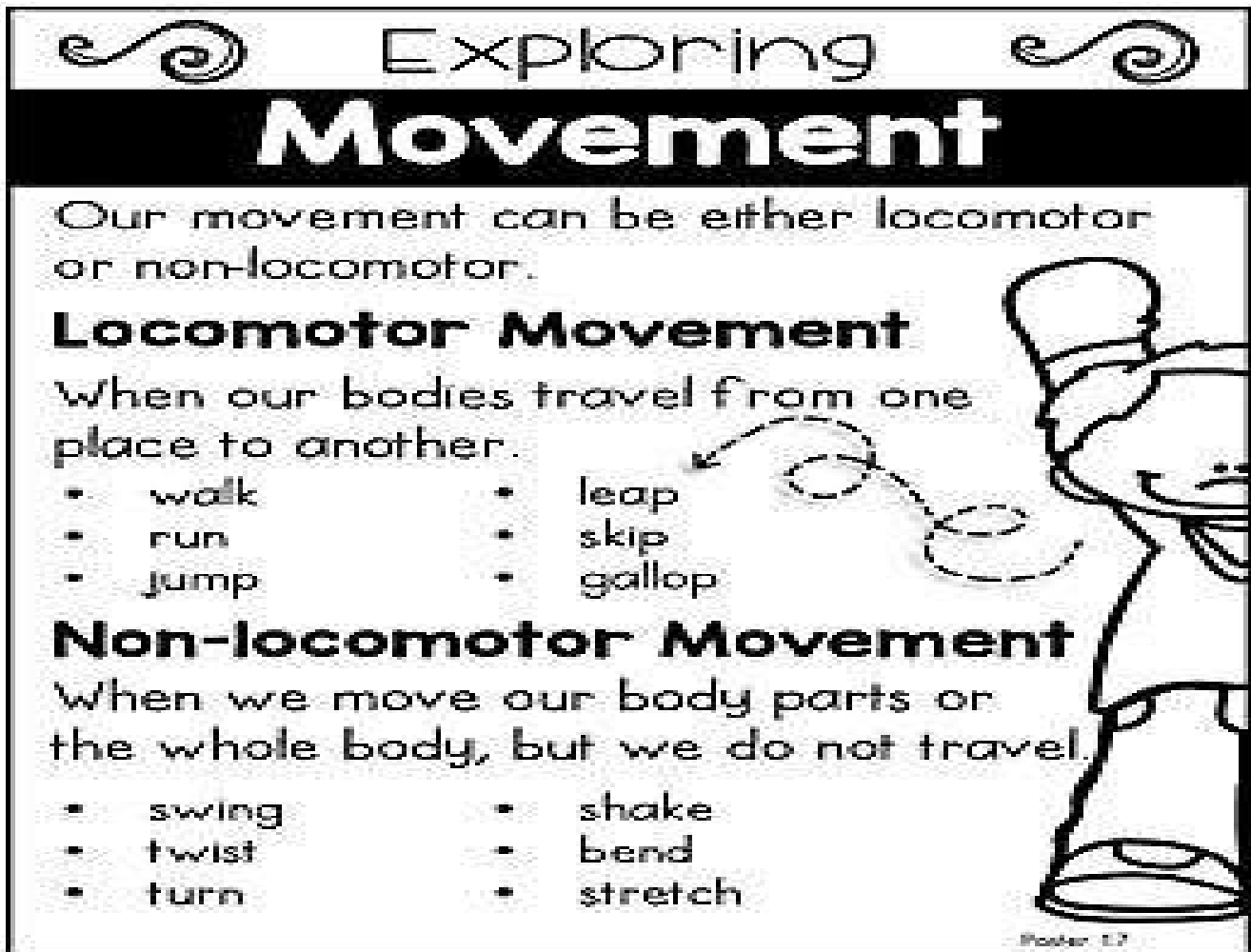
# Personal and General Space



Can you draw a picture of you and your friends in personal space in the gym? The gym or PAC is the general space we use to play our games.

Draw your picture in the general space below:





## LOCOMOTOR AND NONLOCOMOTORS IN P.E.

Practice and review your locomotors by using the task cards and following the cues. You can practice these in your house or your backyard.

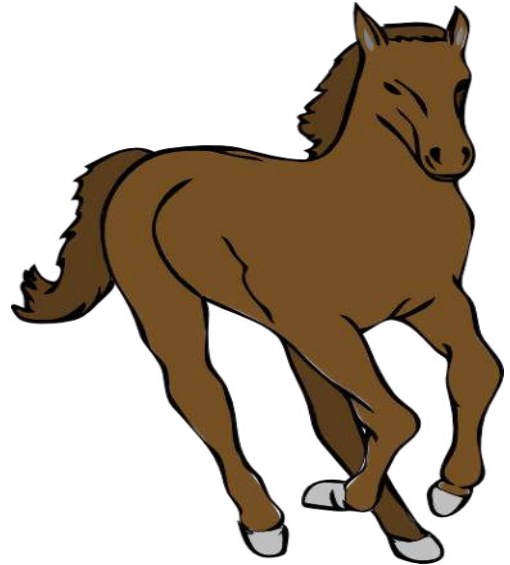
# JUMP



## CUES:

- Stand with feet shoulder width apart
- Keep hands on sides
- Bend knees slightly
- Explode up with legs
- Bend knees when landing

# GALLOP



## CUES:

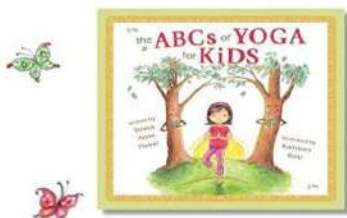
1. Stand with feet shoulder width apart
2. Step forward with lead foot
3. Take long slide forward
4. Back foot chase to catch lead foot
5. Close feet fast together

# SKIP

# SLIDE







# the ABCs of YOGA for Kids



**A** Airplane



**B** Butterfly



**C** Cobra



**D** Dog



**E** Easy Pose



**F** Frog



**G** Grasshopper



**H** Happy Baby



**I** Inhale



**J** Jack-in-the-Box



**K** Kite



**L** Lion



**M** Mouse



**N** New Pose



**O** Otter



**P** Peacock



**Q** Queen



**R** Rag Doll



**S** Swan



**T** Triangle



**U** Unicorn



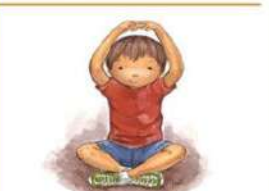
**V** Volcano



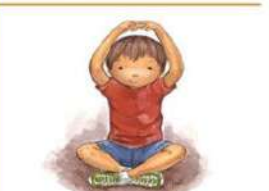
**W** Waterfall



**X**



**Y**



**Z** Zero

Create a yoga sequence using the ABCs of Yoga. You can also practice yoga by going to: <https://www.youtube.com/cosmickidsyoga>

Be a superhero and complete these exercise! Encourage your family to try them with you!



# WOLVERINE

## MUTANT TRAINING

#1



**Do 15 slow squats**

#2



**Do 10 push-ups**

#3



**Do 15 mountain climbers**

#4



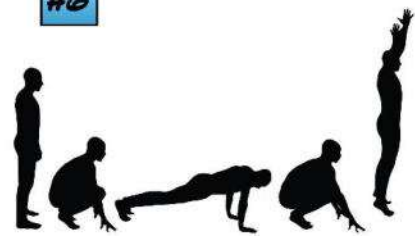
**Do 15 crunches**

#5



**Hamstring stretch for 15 count on both legs**

#6



**Do 10 burpees**

**If you finish before the music ends, repeat the six steps again bub!**



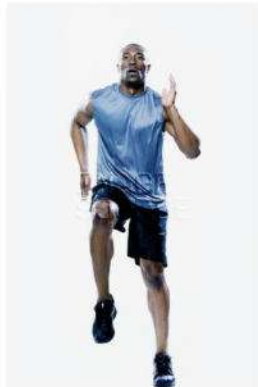
# X-MEN

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# WONDER WOMAN AMAZON TRAINING

#1



**Jog in Place to 50**

#2



**Crab Walk for  
30 Count**

#3



**Do 20 Slow Squats**

#4



**Hold a Plank  
for 30 Count**

#5



**Do 15 Squat Jumps**

#6



**Do 10 Push-Ups**



**If you finish before the  
music ends, repeat the  
six steps again!**



**Train  
hard!**

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## Physical Education Writing Prompts

Write in a journal or draw a picture about each of the questions. Use a graphic organizer like a bubble map to organize your thoughts before you write them down.

1. How can you encourage or help others to exercise?
2. How can you and your parents exercise together?
3. Why is exercise so important?
4. Do you like exercising indoors or outdoors better?
5. What is your favorite part of gym class?

### **Bubble Map**

