

# Physical Education Workbook

3-5<sup>th</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



Name: \_\_\_\_\_

## Body Parts

**Directions:** Read the sentences below. Fill in the blanks with body words. Some words may be used in more than one sentence. Some words will not be used.

**nose   mouth   eyes   ears   hands**  
**legs   feet   chin   knee   toes**

I smelled the sweet scent with my \_\_\_\_\_.

He put the berry in his \_\_\_\_\_ to taste it.

My \_\_\_\_\_ were tired after running all day.

Mom dipped her \_\_\_\_\_ into the cool water.

The class clapped their \_\_\_\_\_ at the end.

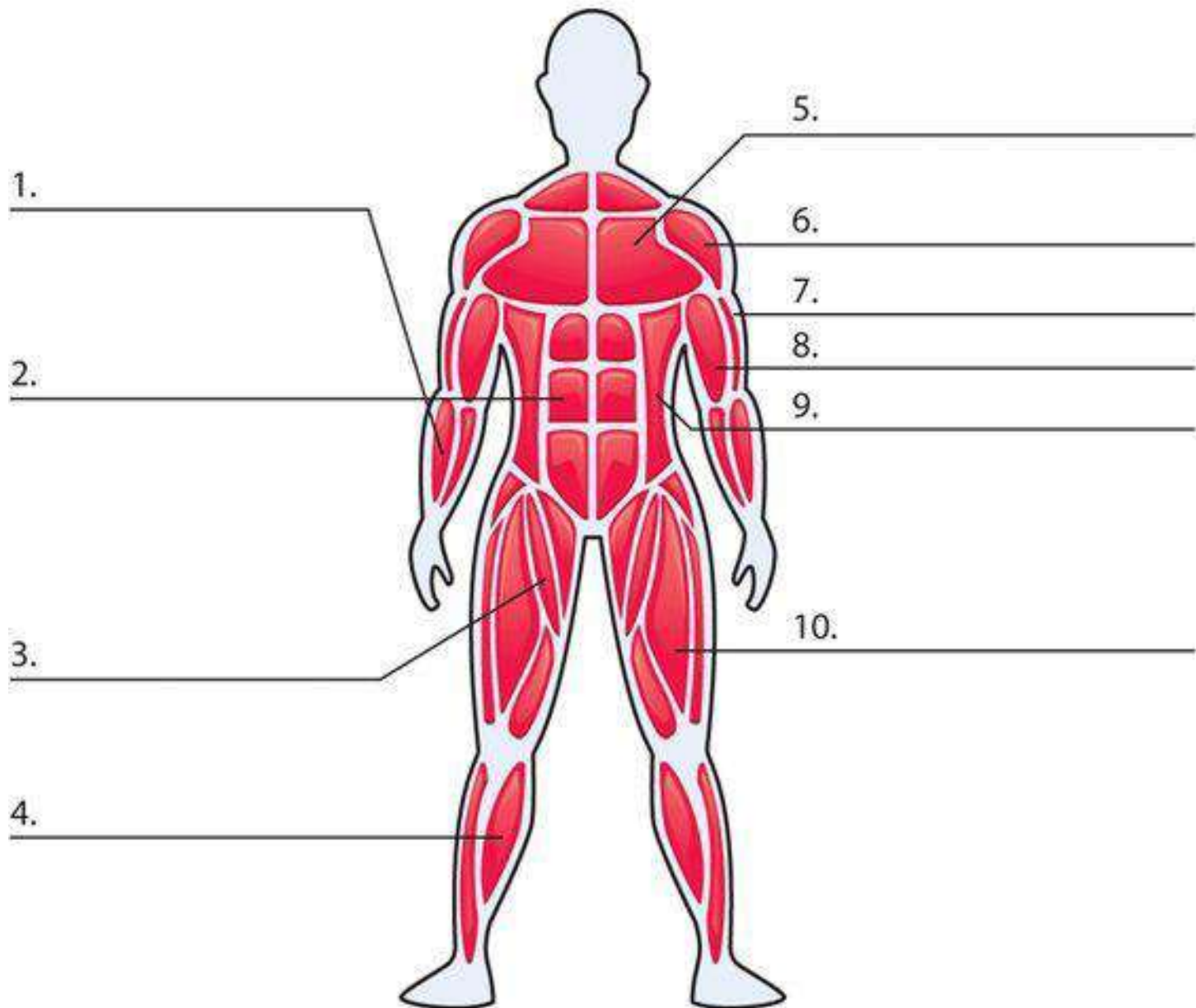
Bob had cake frosting on his \_\_\_\_\_.

I opened my \_\_\_\_\_ to see the movie.

# HOW THE BODY WORKS

## The Muscles

**Directions:** Print out and label the parts of the muscles.



### WORD BANK

sartorius  
rectus abdominus  
deltoids

brachioradialis  
pectorals  
triceps

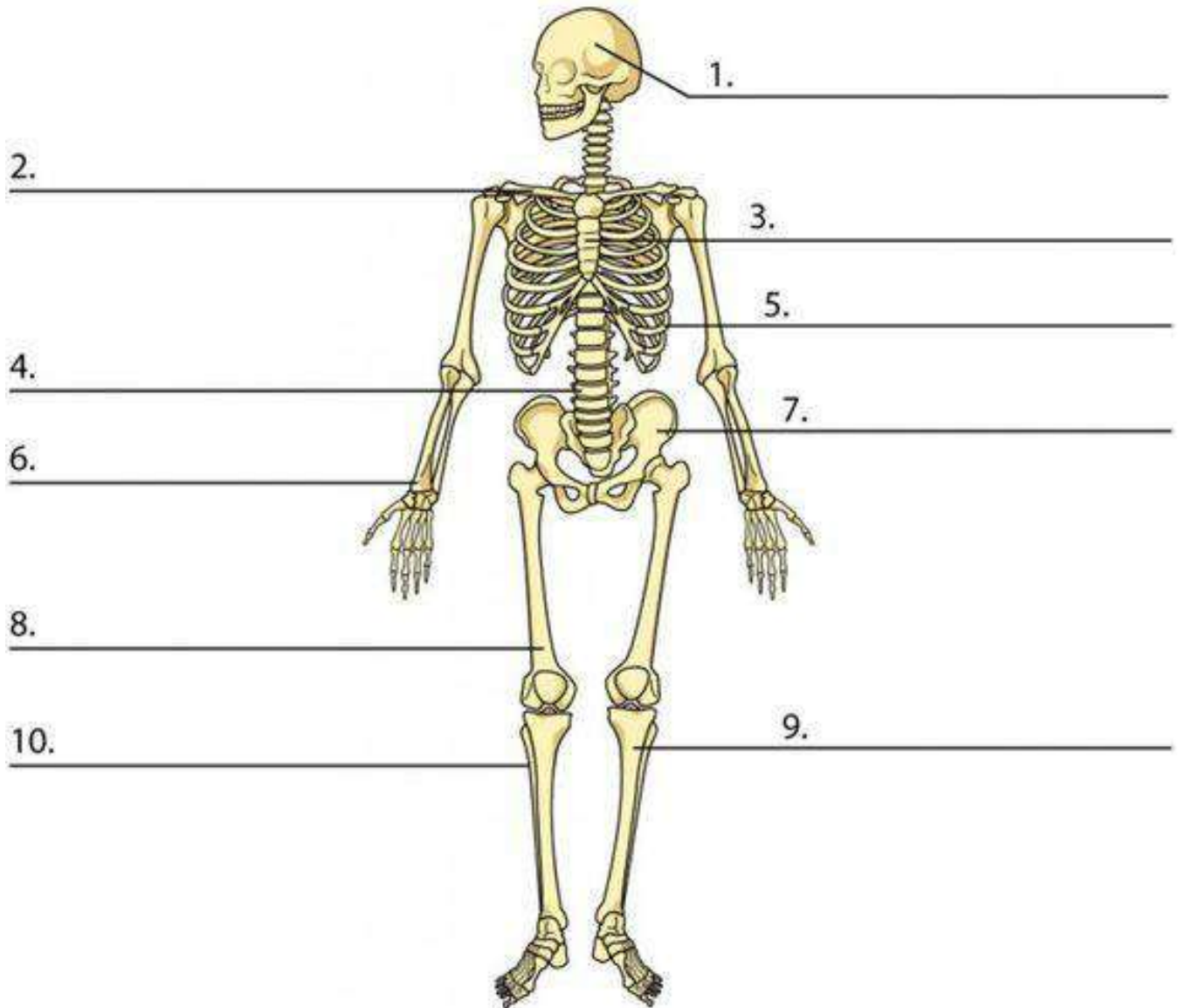
biceps  
external obliques

quadriceps  
gastrocnemius

# HOW THE BODY WORKS

## Skeleton

**Directions:** Print out and label the parts of the skeleton.



### WORD BANK

tibia  
ribs  
skull

ilium  
clavicle  
femur

radius  
spinal column

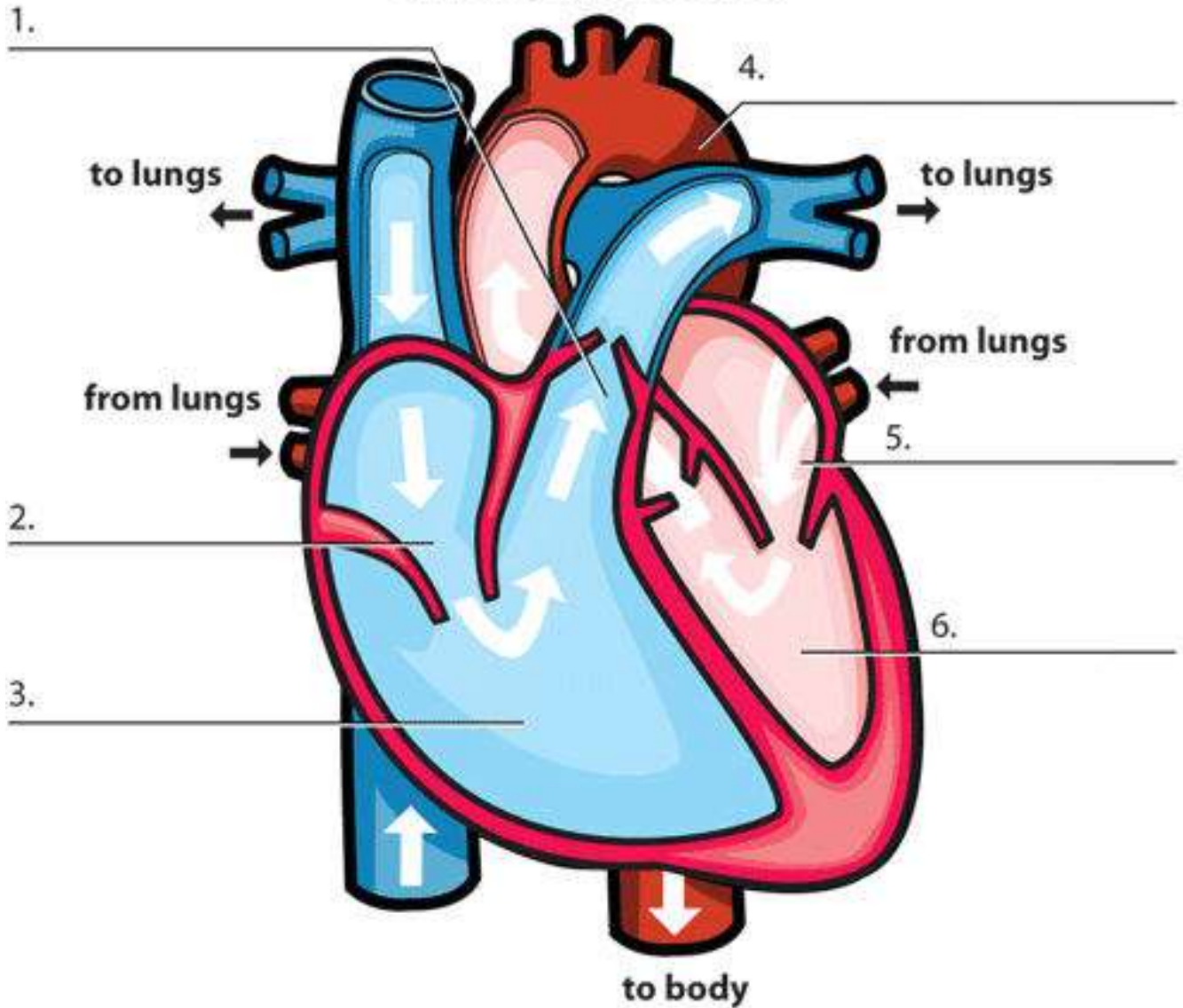
fibula  
sternum



# HOW THE BODY WORKS

## The Heart

**Directions:** Print out, label the parts of the heart, and circle the four valves.






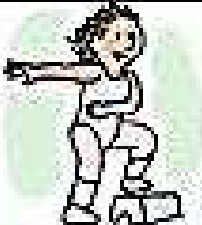
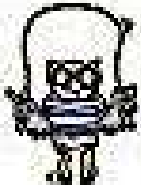


### WORD BANK

left ventricle  
right ventricle

right atrium  
left atrium

pulmonary artery  
aorta

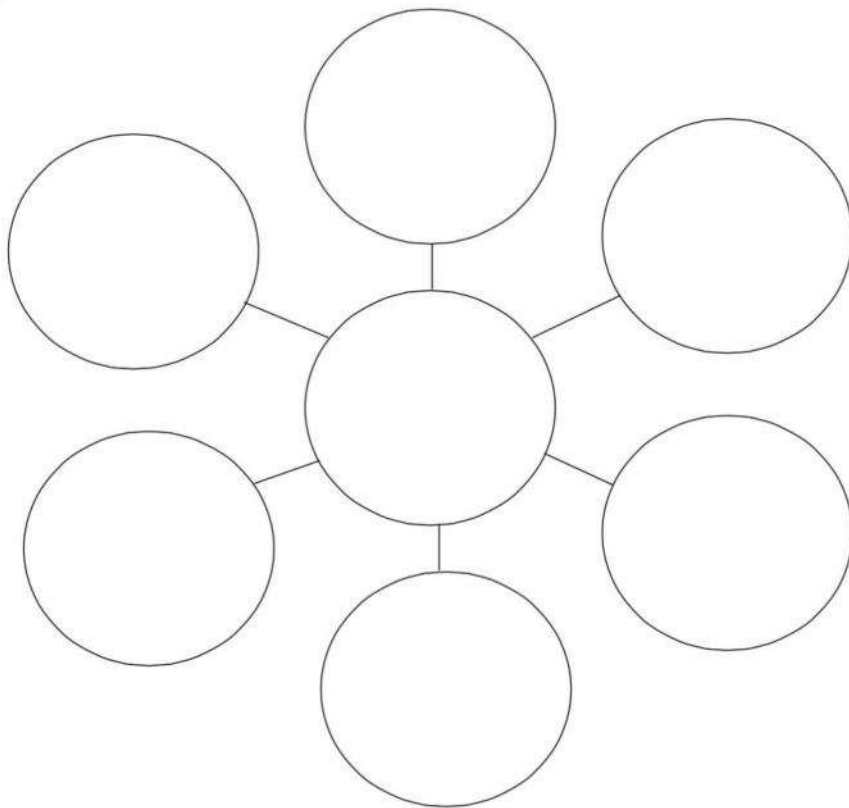
NAME: _____  Home Room Teacher: _____		How many can you do in <b>100 seconds?</b>
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	

## Writing Prompts

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

1. Nutrition is also very important to fitness - how does good nutrition (healthy eating) relate to exercise?
2. Make a list of five small ways people could be more active and write about their importance.
3. What is your favorite sport that gets you moving?
4. What do you know about the benefits of exercise?

Bubble Map



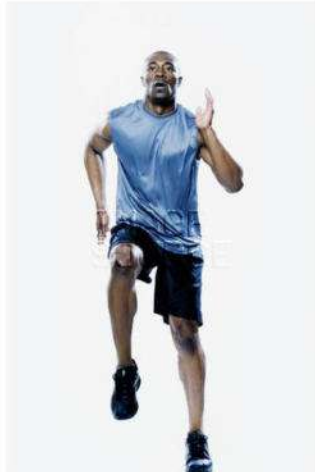
5. What is your favorite way to exercise?



# BLACK PANTHER



#1



Jog in place  
to 50 Count

#2



Do 15 squats

#3



Do 10 push-ups

#4



Do 15  
squat jumps

#5



Stretch each leg  
for 15 count,  
repeat twice!

#6



Do 10  
V-Crunches

**If you finish before the  
music ends, go slower and  
repeat the steps again!**

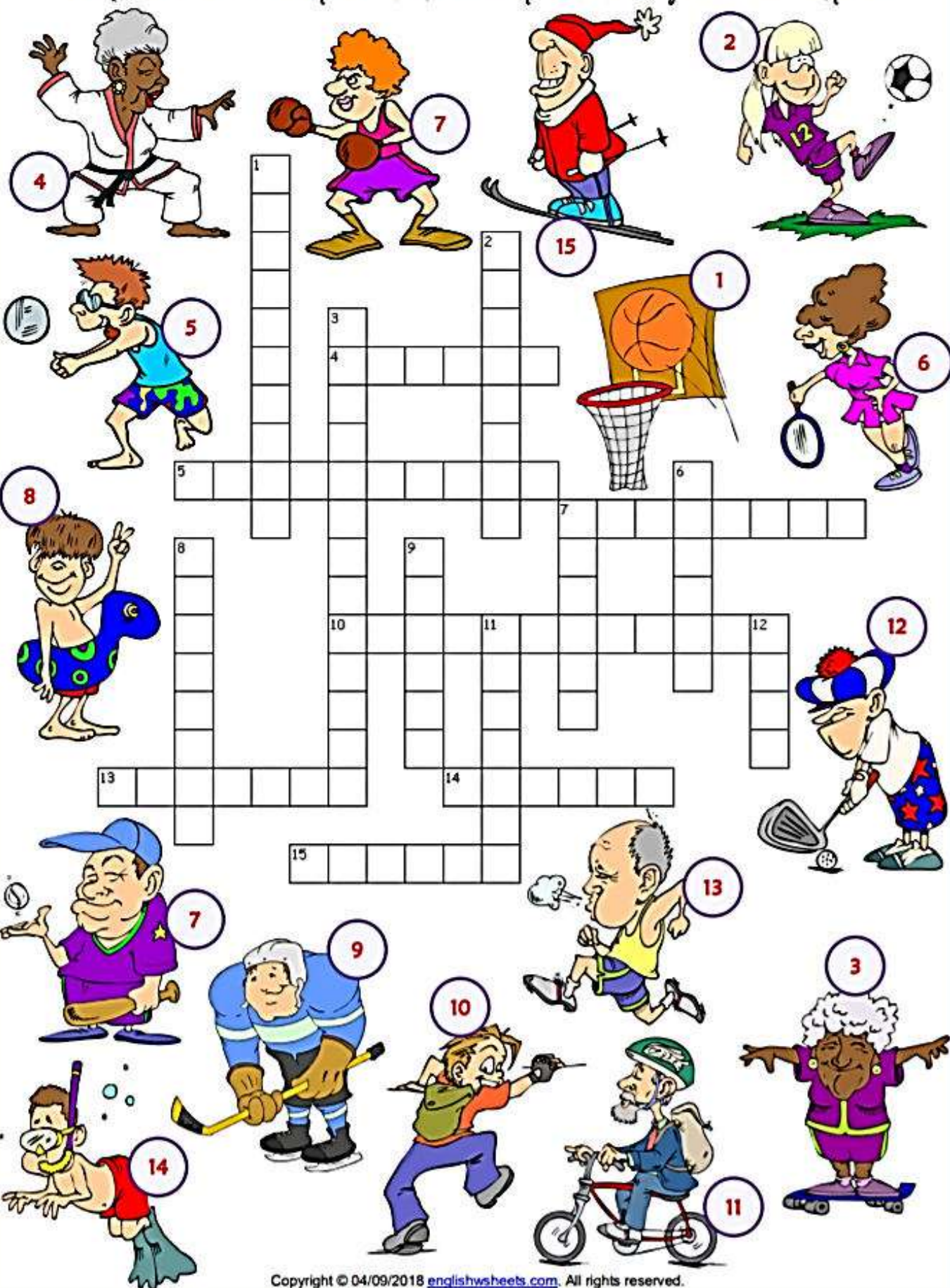


Mike Ginicola @PhysEdDepot

Complete the exercise challenge. Encourage your families to exercise with you.

# SPORTS CROSSWORD PUZZLE !

Look at the numbers on the pictures and write the sports vocabulary in the crossword puzzle







Camel pose



Plow pose



Boat pose



Tree pose



Triangle pose



Belly breathing



Cobra pose



Warrior pose



Down dog pose

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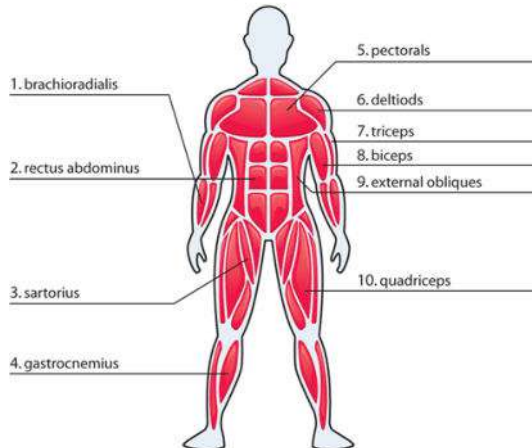
Create a yoga routine! When you are done use cosmic kids yoga to learn more!

<https://www.youtube.com/user/CosmicKidsYoga>

# HOW THE BODY WORKS ANSWER KEY

## HOW THE BODY WORKS

### The Muscles Solution

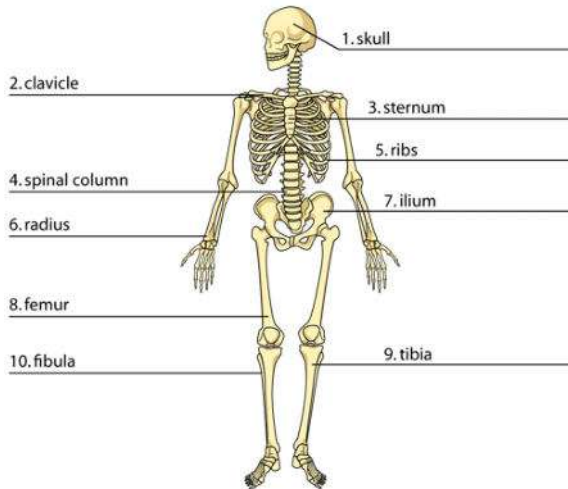


#### WORD BANK

sartorius	brachioradialis	biceps	quadriceps
rectus abdominus	pectorals	external obliques	gastrocnemius
deltoids	triceps		

## HOW THE BODY WORKS

### Skeleton Solution

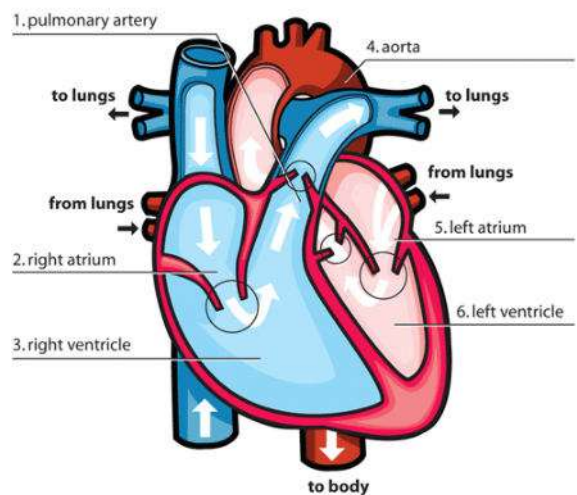


#### WORD BANK

tibia	ilium	radius	fibula
ribs	clavicle	spinal column	sternum
skull	femur		

## HOW THE BODY WORKS

### The Heart Solution



#### WORD BANK

left ventricle	right atrium	pulmonary artery
right ventricle	left atrium	aorta