

## E2 Physical Education March 30<sup>th</sup> – April 3<sup>rd</sup>

Monday March 30<sup>th</sup>

**Warm up:** 10 pushups, and 20 jumping jacks

**Activity:** Play rock, paper scissors against a family member. Whoever loses must do five jumping jacks. Play three rounds. Afterwards, find a new family member to play. Play three more rounds.

Tuesday March 31<sup>st</sup>

**Warm up:** Write down as many fruits or vegetables as you can think of in 60 seconds. Afterwards, examine your list. Underline all the fruits and circle all the vegetables.

**Activity:** Spend 30 minutes outside. Read a book, go for a bike ride, or play with friends just be outside during that time.

Wednesday April 1<sup>st</sup>

**Warm up:** 10 sit-ups and 20 squats

**Activity:** Take 15 minutes to build a fort with pillows and blankets. Take a picture inside and email to Mr. Kangas

Thursday April 2<sup>nd</sup>

**Warm up:** Think about and write down three reasons why it is important to remain physically active throughout this break.

**Activity:** Spend 30 minutes outside. Read a book, go for a bike ride, or play with friends just be outside during that time

Friday April 3<sup>rd</sup>

**Warm up:** Perform a 30 second plank

**Activity:** Roll a die 10 times, perform the skill that corresponds.

1= 10 jumping jacks

4 = Run in place for 30 seconds

2= 10 pushups

5 = 10 squats

3 = 10 sit-ups

6 = Rest for ten seconds

## **E2 Physical Education April 6<sup>th</sup>-April 10<sup>th</sup>**

Monday April 6<sup>th</sup>

**Warm up:** Balance on one foot for thirty seconds. Switch and repeat task on other foot.

**Activity:** Use the “What’s your name” activity sheet. Spell your first and last name while doing the corresponding skill to each letter.

Tuesday April 7<sup>th</sup>

**Warm Up:** Write down as many body parts as you can in 60 seconds. Afterwards examine your list. Underline any word that is in the upper body. Circle any word that is in the lower body.

**Activity:** Spend 30 minutes outside.

Wednesday April 8<sup>th</sup>

**Warm up:** 10 pushups and 20 sit-ups

**Activity:** Ball up a sock, toss it in the air and complete the following actions...

- Clap 1 time before it hits the floor.
- Clap 1 time and then try to catch it.
- Clap as many times as you can before it hits the floor.
- Clap as many times as you can and then try to catch it.
- Toss with right hand only (repeat tasks above)
- Toss with left hand only (repeat tasks above)
- Toss and turn 360 degrees before the bean bag hits the floor

Thursday April 9<sup>th</sup>

**Warm up:** Write a paragraph (5 sentences at least 😊) about your favorite game/ activity in PE. Why is it your favorite? Could you play it at home? What skills do you use in that activity? How would you teach that activity to a younger sibling or friend? Email your paragraph to Mr. Kangas.

**Activity:** Spend 30 minutes outside.

Friday April 10<sup>th</sup>

**Warm up:** 20 jumping jacks and 20 squats

**Activity:** Ball up a sock and complete the following actions...

- Balance the ball on one foot. Transfer it to the other foot without using your hands.
- Sit down and place the ball on your head. Try to stand up without it falling.
- Set the ball on the ground, dribble it back and forth from foot to foot for 30 seconds.

# what's *Fit activity* FOR kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |