

Dear Students,

I am so proud of you! I know online learning can be challenging, and you are all doing an amazing job! I am sad that I will not see you for the remainder of this year. I miss you all so much. I created another daily activity chart with some fun new activities. The weather is starting to warm up, so I hope you take advantage and get outside and play! If you have any questions about an activity, please email me at orvl_eshumney@tccsa.net. I am continuing to make YouTube videos as well, so please subscribe to my YouTube Channel <https://www.youtube.com/channel/UCsv024rIWswWhZfO-SkCn4BA>

Just a few healthy tips:

- Try to get 60 minutes of physical activity a day
- Drink at least 8 glasses of water
- Eat fruits and vegetables at every meal
- Get plenty of sleep
- Wash your hands

Take care,
Mrs. Shumney

Physical Education Activity Chart: May 4th- May 22nd

Complete the Plank Challenge to the Cha Cha Slide	Eat a healthy snack.	Run, skip, jog, or walk 1 mile.	Make up your own game with a laundry basket and rolled up socks.	Create an obstacle course in your backyard. Time yourself to see how long it takes you.
Get 60 minutes of exercise in 1 day.	Eat a fruit or vegetable at every meal.	Take your dog for a walk.	Complete the Fit Dice Activity	Avoid sugary snacks and drinks for one day.
Have a race and practice the different locomotor skills (skip, run, side slide, gallop, leap, jump)	Play the Couch Island game.	Help with yard work by weeding the flower beds or garden.	Make a smoothie for dessert instead of cookies, candy, or cake.	Find a Just Dance video on YouTube and compete it.
Make up a dance to your favorite song.	Create your own fruit dessert or snack.	Complete a choir around the house without being asked.	Make your own lunch with at least 1 fruit and 1 vegetable.	Complete the Bottle Flip Challenge
Follow along to a Yoga video	Have a salad for lunch or dinner	Play a game of Balloon Tennis .	Run in place for 30 seconds in every room of your house.	Push-Up Challenge. Who can complete the most push-ups in your house?
Drink 8 glasses of water in 1 day.	Create your own workout with at least 4 different exercises.	Ride your bike for 20 minutes	Practice dribbling a ball with each hand for 5 minutes.	Complete the Flip-a-Coin Fitness activity.

Directions: Pick one activity each day for the next 3 weeks. The activities that are in bold are activities that are included in Google Classroom, as well as the printed packet.

Bottle Flip Competition



Equipment Needed: One water bottle filled $\frac{1}{4}$ of the way with water for each participant.

Directions: You can play solo, 1 vs. 1 or with multiple players. The object of the game is to complete your exercise task sheet in the fastest time or before your opponents. You can only complete an exercise task once you successfully flip and land the bottle (bottle lands standing up.) Players must flip and land the bottle in between exercises before they can move onto the next exercise.

For example, if player 1 flips the bottle and lands it, player 1 will perform 20 jumping jacks. Then player 1 will attempt to flip again. Once they land it successfully, they will perform 10 push ups, and so on. First player to complete all the exercise tasks wins the competition!

Another variation is to play this game in teams and play relay style.

Exercise Tasks

1. 20 Jumping Jacks
2. 10 Push Ups
3. 12 Power Jumps
4. Jump Side to side 15 times
5. 10 Squats
6. 15 Mountain Climbers
7. Hop on one foot 10 times, repeat on opposite foot
8. 25 Imaginary Jump Rope Skips
9. 10 Jumping Squats
10. 20 High Knees

CHALLENGE COMPLETE!!!

AT HOME CATCH QUEST

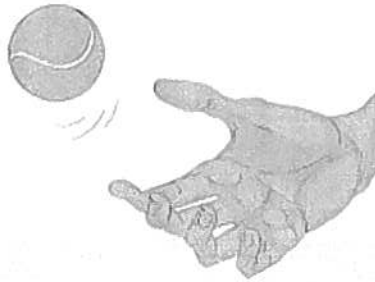
Try every challenge 20 times each, mistakes count too! You can use a ball, rolled up sock, stuffed animal, or anything you have around the house!

#1



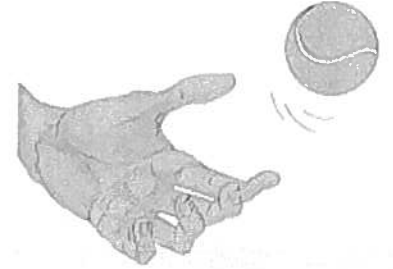
Catch the object with 2 hands

#2



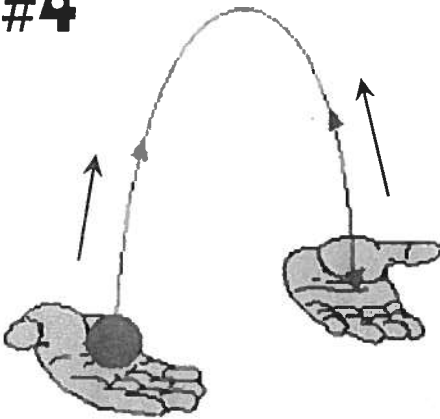
Catch the object with right hand

#3



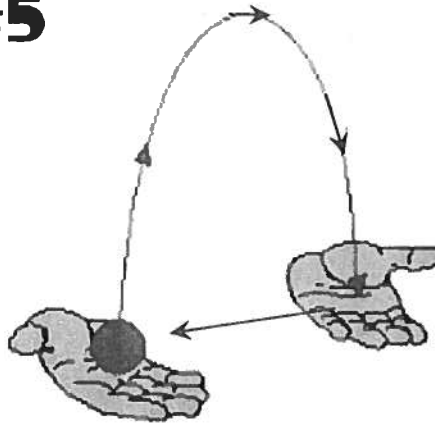
Catch the object with left hand

#4



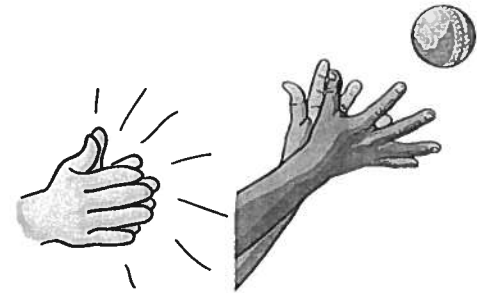
Toss back and forth between both hands

#5



Toss in a circle pattern

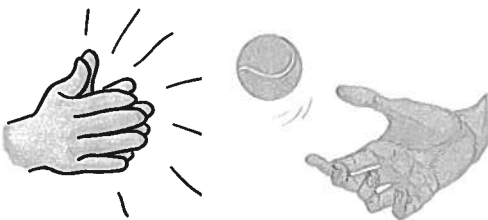
#6



Clap your hands

Toss, clap & catch with 2 hands

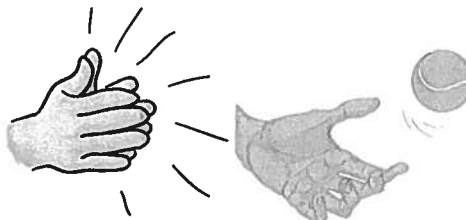
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Clap your hands

Toss, clap & catch with right hand

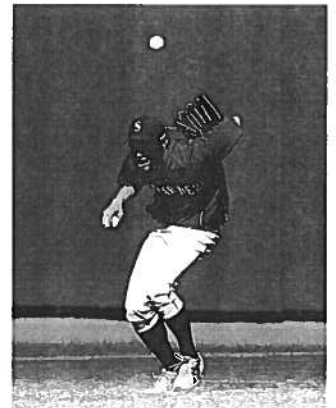
#8



Clap your hands

Toss, clap & catch with left hand

#9



Toss and catch behind your back

~AT-HOME PE~

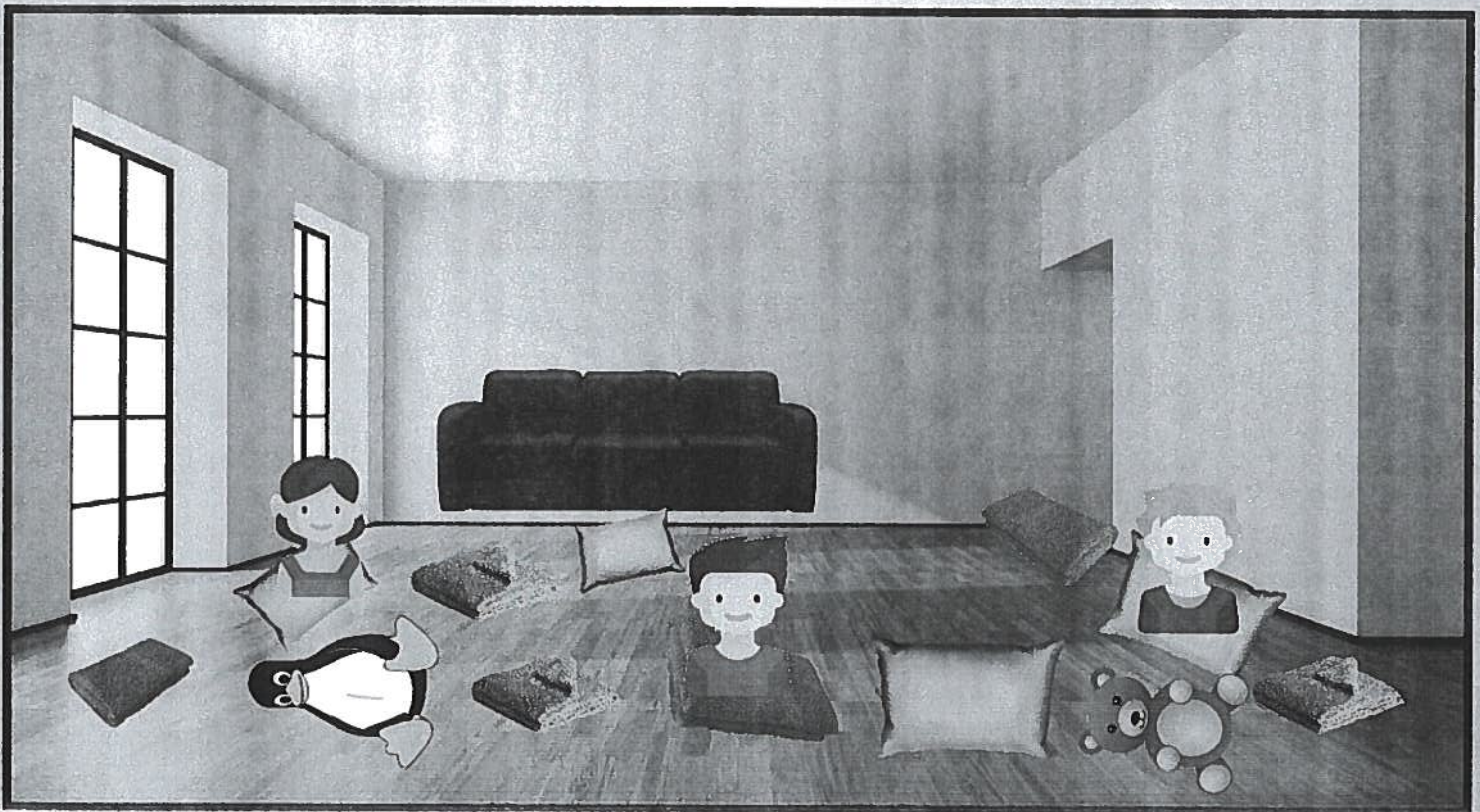
COUCH ISLAND

EQUIPMENT: PILLOWS, TOWELS, STUFFED ANIMALS, STOPWATCH, AND A COUCH.

SET-UP: WITH PARENT'S PERMISSION, CREATE A TRAIL LEADING TO A COUCH IN YOUR HOUSE. PLACE ALL EQUIPMENT ON THE FLOOR. IT CAN BE YOUR CHOICE OF HOW LONG/SHORT IT CAN BE.

ACTIVITY: STUDENTS WILL WORK ON BALANCING AND PATHWAYS IN THIS ACTIVITY. STUDENTS WILL START ON AN OBJECT AND MAKE THEIR WAY ALL THE WAY TO THE COUCH. THE FLOOR IS CONSIDERED WATER, SO THEY MUST NOT FALL OFF. IF A STUDENT FALLS, THEN THEY MUST RESTART THE TRAIL. TIME YOURSELF TO SEE HOW LONG IT TAKES.

ENRICHMENT/MODIFICATION: USE LONGER OR SHORTER TOWELS FOR A TRAIL. STUFFED ANIMALS CAN BE LARGE OR SMALL.



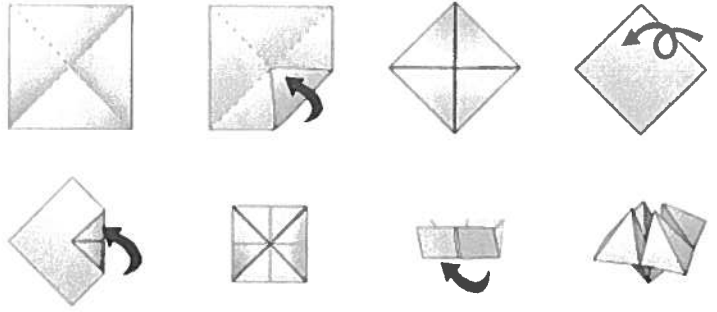
Flip-A-Coin Fitness

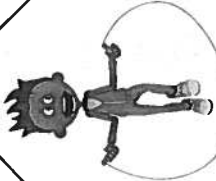
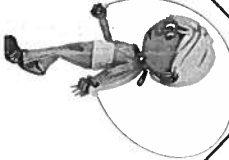

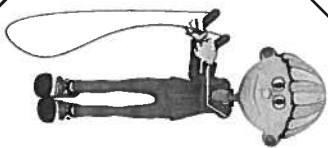




	HEADS	TAILS
Round 1	15x - Squat Jumps	25x - Calf Raises
Round 2	20x - Knee Push-ups	10x - Push-ups
Round 3	40 seconds - High Knee Jog	20x - Cross Crawl March
Round 4	10x - Burpees	15x - Tuck Jumps
Round 5	60 seconds - Jog in place	30x - Jumping Jacks
Round 6	30x - Shoulder Tap Push-ups	40x - Plank Jacks
Round 7	40x - Line Jump (front/back)	40x - Line Jump (left/right)
Round 8	60 seconds - Elbow Plank	60 seconds - High Plank
Round 9	50x - Criss Cross Jumps	50x - Scissor Jumps
Round 10	50x - Crunches	20x - Sit-ups
Round 11	40x - Wall Jumps (quick)	25x - Frog Jumps
Round 12	10x - Slow Motion Push-ups	30x - Wall Push-ups
Round 13	30 seconds - Side Plank (left)	30 seconds - Side Plank (right)
Round 14	30 steps - Bear Crawl	30 steps - Crab Walk
Round 15	20x - Line Hop (left/right)	20x - Line Hop (front/back)
Round 16	30 seconds - Wall Sit	30 seconds - Moving Plank
Round 17	30 steps - Elephant Stomp	30 steps - Gorilla Shuffle
Round 18	20x - Side Lunges	30x - Sumo Squats
Round 19	40 seconds - Flutter Kicks	30 seconds - Lying Leg Lifts
Round 20	30 steps - Cheetah Run	30 steps - Duck Walk

Get creative and add other exercises to keep the game going beyond 20 rounds!

JUMP ROPE FORTUNE TELLER

CUT OUT THE SQUARE AND FOLLOW THE FOLDING INSTRUCTIONS



<p>Red</p>	<p>1</p>  <p>JUMP FORWARD</p>	<p>2</p> <p>JUMP BACKWARDS</p> 	<p>Green</p>
<p>8</p>  <p>2 IN 1 ROPE SIDE BY SIDE</p>	<p>JUMP FORWARD</p>	<p>SIDESWING</p> 	<p>3</p>
<p>7</p> <p>2 IN 1 ROPE FACE TO FACE</p> 	<p>SKI JUMPS</p> 	<p>JOGGER</p> 	<p>STRADDLE CROSS</p> 
<p>Yellow</p>	<p>6</p>	<p>5</p>	<p>Blue</p>

Fitness Memory

Directions: Print and cut out the 32 memory fitness cards. Shuffle and turn all the cards face down. One at a time flip over two cards. If the two cards match, remove the two cards from the playing area and complete the exercise on the cards. If they do not match, flip the cards back over. The player with the most matches when all the cards are gone WINS!



30 Seconds
Pike Stretch



30 Seconds
Pike Stretch



10 Jumping
Jacks



10 Jumping
Jacks



20 Seconds
Plank Hold



20 Seconds
Plank Hold



10 Sit-Ups



10 Sit-Ups



10 Lunges



10 Lunges



20 Arm
Circles



20 Arm
Circles



20 Seconds
High Knees



20 Seconds
High Knees



30 Seconds
Butterfly



30 Seconds
Butterfly

Fitness memory



30 Seconds
Straddle



30 Seconds
Pike Stretch



10 Squats



10 Squats



20 Seconds
High Jumps



20 Seconds
High Jumps



30 Seconds
Toe Touch



30 Seconds
Toe Touch



20 Seconds
Jog In Place



20 Seconds
Jog in Place



10 Push-Ups



10 Push-Ups



20 Seconds
Squat Hold



20 Seconds
Squat Hold



20 Seconds
Crunch Hold



20 Seconds
Crunch Hold

Directions:

Movie: Finding Nemo. As you watch the movie, Finding Nemo, play the game of BINGO! Each time you see a particular part of the movie, you will perform the exercise that is given. For example, when Nemo escapes the fish tank, you will perform 10 jumping jacks.

Five Fitness's to Do:

B= 10 Jumping Jacks

I= 10 Sit-Ups

N= 10 Push-Ups

G= 10 Squats

O= Drink a healthy beverage (water)

Walt Disney Pictures
Presents

B I P N X A R G O

ANIMATION STUDIO FILM

FINDING NEMO

Nemo Touches the Butt

They Meet Bruce

Merlin & Dory Find Jellyfish

Nemo Gets Captured

Dory & Merlin Meets Crush

Marlin Meets Dory

Shark Attacks Merlin's Wife

Free Spot

Darla Arrives

Dory Meets Nemo

Nemo Meets Gill & the gang

Nemo Escapes The Tank

Nemo & Merlin Reunite

Nemo Tries To Escape The Aquarium (1st Time)

Merlin Finds Scooba Goggles

Mines Are Set Off

They Run Into Moonfish

Nemo Attempts Second Escape

Merlin Meets Nigel

Merlin Is Chased By Anglerfish



TABATA

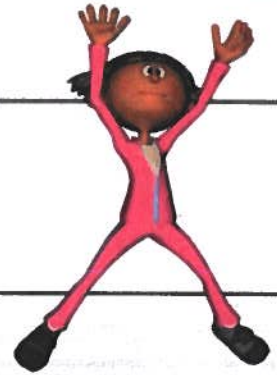


1. JUMPING JACKS



10 SEC REST

20 SEC MOVE



2. PUSH-UPS



10 SEC REST

20 SEC MOVE



3. CRUNCHES



10 SEC REST

20 SEC MOVE



4. BURPEES



10 SEC REST

20 SEC MOVE



5. HIGH KNEES



10 SEC REST

20 SEC MOVE

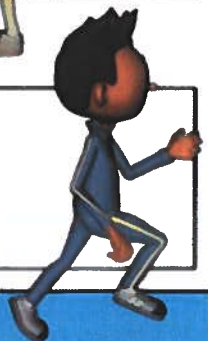


6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING