

Instructional Video (Please Watch First)

<https://www.youtube.com/watch?v=XBHCQbnuM2s>

Weekly Physical Education Agenda Checklist

- DEAM (Drop Everything and Move) Activity
 - Home PE Skill Activity
 - Fitness Challenge Video
 - Stretching/Relaxation Sheet
 - Physical Activity Log
- Individual & Group Physical Activities Bank



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*Please send me an email for any questions you may have. I'm happy to create video tutorials for anything you don't understand. I would also love to see you guys being creative and active. Don't be shy about sending me videos of your athletic feats!

->DEAM<-

Drop Everything And Move

Please Remember

>Always get adult permission before doing any activity

Purpose

>This worksheet encourages students and families to stay active and take steps towards a healthier lifestyle.

Directions

>Each time you complete an activity, cross it off the sheet! Can you cross off all the activities before the end of April?! 😊



Read a book while doing a wall sit!	Perform one set of ABC push-ups.	Did you know hot dogs have 530 mg of sodium? Raise the roof 530 times!	Do the Yoga worksheet!	Perform 30 jumping jacks!	Invent a game and try it out!	Kids should be active 60 minutes per day! Lay on your back & bicycle pedal for 60 seconds!
Pick 5 different muscles to stretch. Hold each stretch for 20 seconds before getting in bed.	Did you know that donuts have 280 calories? Jog in place and count to 280!	Help your family with some spring-cleaning!	Do as many jumping jacks as you can! # I can do _____	Play your favorite song and see if you can hop the whole time. Switch feet when tired # of hops: _____	Take a walk How long I walked for: _____	Can you catch? See if you can toss and catch a ball 20 times in a row.
Practice your basketball dribble. Knees bent Finger pad push Wait Push again Ball (waist high)	Take a walk How long I walked for: _____	Jump and touch as high as you can on the wall. How many times can you hit that spot in a row? # I can do _____	Did you know that a Whopper has 12 grams of saturated fat? Do 12 front or pencil rolls.	Practice your soccer footwork! Use the inside and outside of your foot. How many times you can touch the ball in a minute?	Do sit-ups for 30 seconds! # I can do _____	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
Race a family member around the house (1, 2, or 3 laps).	How many jumps can you get in a row with a jump rope?	How many times can you run up and down the driveway in 60 seconds?	Create & complete an inside/outside obstacle course.	Did you know that ice cream has 13 grams of fat? Do 13 scissor kicks.	Take a walk How long I walked for: _____	Drink a glass of water while doing a wall sit!
Do the Yoga worksheet!!	Play outside for 30 minutes!	Create a hopscotch board out of sidewalk chalk and go!	Jog around the house or neighborhood. How long I jogged for: _____	Try and beat your old jump rope record! # of jumps: _____	Did you know that soda has 39 mg of sugar? Do 39 mountain climbers.	Crazy 8's 8 jumping jacks 8 ABC push-ups 8 jumps 8 hops (4 each foot)

Home PE Skill Activity

1. Toss & Catch

- a. Toss the ball with two hand and catch using both hands.
 - i. Toss the ball higher to make it more challenging.
 - ii. Feel free to use different balls when doing this activity.
- b. Toss and catch with your dominant (favorite) hand.
- c. Toss and catch with your non-dominant hand.
- d. Toss up with one hand and catch using the other.

2. Throwing & Catching – make sure to catch with your hands and not your body.

- a. Underhand throw – swing your arm back, step with opposite foot, swing arm forward, and release at waist height.
 - i. Toss the ball using an underhand throw with a partner or against a wall.
 1. Move further back upon completing 10 catches in a row and try again.
- b. Overhand throw – T, L, Step, Throw
 - i. Throw the ball using the overhand throw with a partner or against a wall/roof.
 1. Move further back upon completing 10 catches in a row and try again.

3. Bowling

- a. Underhand Roll – swing your arm back, step with opposite foot, swing arm forward, and release close to the ground.
 - i. Grab six empty bottles (water, pop, or Gatorade) and fill them up half-way. Arrange these bottles in a triangle pattern.
 - ii. Move 10 to 15 feet away. Roll the ball towards the bottles to see how many you can knock down. You get two rolls to knock down as many as possible. Repeat and compete!

X

XX

XXX

Fitness Challenge Video

Hydration Wall Sit

*Did you know that you are supposed to drink between 5 and 7 cups of water every single day?!?

Please watch the video!

<https://www.youtube.com/watch?v=C-TKPkaOtQk>

P.E. YOGA WORKSHEET



Student Physical Activity Log (Weekly)

Use this activity log to track your physical activity. The goal is to accumulate at least 60 minutes of physical activity each day. Calculate your minutes every night to see if you met your goal.

Day	Activity 1	Activity 2	Activity 3	Activity 4	Total Minutes
Sample Day	Picked up sticks (15)	Family Walk (30)	Played Outside (20)	Jumping Jacks (5)	70
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Physical Activity Bank

Individual	Partner or Group
Individual Jump Rope	Long Jump Rope
Disc Golf	Disc Golf
Obstacle Course	Obstacle Course
Race the Clock (run around the house or down the street)	Foot Race (against a family member)
Throwing & Catching (against the garage or up on the roof)	Playing Catch, Monkey in the Middle, Jackpot
Kicking (against the garage or net)	Soccer Passing/Shooting
Soccer Golf (Pick a target & see how many kicks it takes to hit it)	Soccer Golf (Pick a target & see who can hit it in fewer attempts)
Basketball Dribble (each hand, switch hands, try a spin move)	Basketball Keep Away or 1 v 1
Basketball Shooting (shoot a basketball in a hoop or a small ball into a makeshift hoop such as an empty trash can)	Basketball Shooting (Pig or Horse)
Volleyball Keep Up (Bump or set the ball to yourself or roof)	Volleyball Passing (Bumping or Setting)
Balloon Keep Up (use your hands, feet, head, thighs)	Balloon Keep Up (hands, feet, head, thighs)
Sidewalk or Driveway Hopscotch with Chalk	Sidewalk or Driveway Hopscotch with Chalk
Sidewalk or Driveway Agility Ladder with Chalk	Sidewalk or Driveway Agility Ladder with Chalk
Build a fort	Build a fort
Create or learn a dance	Create or learn a dance
Crabwalk your clean laundry to your room	Crabwalk your clean laundry to your room (Race a family member)
Pick up lawn debris	Pick up lawn debris (compete and see who can pick up more)
Practice Tumbling Skills (animal walks, rolls, cartwheels)	Practice Tumbling Skills (animal walks, rolls, cartwheels)
Water bottle bowling	Water bottle bowling
Ride a Bike or Scooter	Scavenger Hunt
Roller Blade or Skate	Bed Sheet Parachute Games
Hula Hoop	Corn Hole
	Bocce Ball
	Hula Hoop
	Ride a Bike or Scooter
	Roller Blade or Skate