

## **\*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!	Look at a food label. Do a sit up for each ingredient you can't pronounce.	Did you know hot dogs have 530 mg of sodium? Raise the roof 530 times!	Do the Yoga worksheet!	Practice your math facts while doing 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 _____	Hold a push-up plank for as long as you can. Time held: _____	Take a walk  How long I walked for: _____	Can you juggle?  Practice using plastic grocery bags 😊
Practice your basketball shooting form! B-balance E-eyes E-elbow F-follow through	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 push-ups.	Practice your soccer footwork! Use the inside and outside of your foot. See how many times you can touch the ball in a minute.	Do sit-ups for 60 seconds!  # I can do _____	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
One can of Mountain Dew has 46 grams of sugar. Hold a forearm plank for 46 seconds!	Try and beat your old push-up plank time! Time held: _____	See how many times you can do lunges up and down the driveway.	Create & complete an inside/outside obstacle course.	Did you know that ice cream has 13 grams of fat? Do 13 squat jumps.	Take a walk  How long I walked for: _____	Drink a glass of water while doing a wall sit!
Do the Yoga worksheet!!	Name as many states as you can while hopping on one leg (don't forget to switch legs if you get tired)	How many glasses of water should you drink each day?  Do 7 burpees!	Jog around the house or neighborhood.  How long I jogged for: _____	Name as many vegetables as possible while you hold a side plank! Switch sides and name all the fruits you know!	Did you know that soda has 39 mg of sugar? Do 39 mountain climbers.	<b>Crazy 8's</b> 8 jumping jacks 8 high knees 8 lunges 8 ankle biters

## Home PE Skill Activity

### 1. Frisbee Throw & Catch

- a. Backhand Throw - Grip (thumb on top, index finger on side, last three are curled to the bottom), curl arm in towards the chest, step with your dominant foot, extend the arm/flick wrist towards the target
- b. Frisbee Catch
  - i. Pancake – Squish the frisbee between both of your hands
  - ii. One hand – Pinch the frisbee between your thumb and fingers
- c. Throwing Activity
  - i. Find a partner or target. Throw the frisbee to your target. If your throw isn't going where desired, check your release point and make sure your frisbee is flat in relation to the ground. How many times in a row can you hit your target? Can you successfully throw and catch? Try it from a greater distance if it becomes too easy!

### 2. Frisbee Bowling

- a. Find something in the house or garage to make a pyramid with.
  - i. Cups or blocks work well.
  - ii. Create a pyramid and move 10 to 15 paces away.
- b. Using the backhand throw, attempt to knockdown the pyramid. You get two shots to knock as much of the pyramid down as possible. Repeat and compete! If it gets too easy, move further back.

### 3. Frisbee Golf

- a. Map out a disc course to play in your yard or open outdoor space.
  - i. Pick at least five targets.
  - ii. Every target chosen will represent a different hole.
- b. The goal of the game is to hit the target in as few throws as possible.
  - i. Make sure to designate a spot where you will start throwing from.
  - ii. If playing with multiple people, you will alternate throws.

## **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