

Week 3 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 am happy to create video tutorials for anything you do not understand. I would also love to see you guys being creative and active. Do not 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.	Crazy 8's 8 jumping jacks 8 high knees 8 lunges 8 ankle biters

Finished and need more activities? Email lmcleod@lowellschools.com

Home PE Skill Activity

***Activity Video:** https://www.youtube.com/watch?v=nJ5YFA_ObZw

1. Basketball Skills (Equipment: basketball or another bouncy ball. Inside hoop, outside hoop, or clean trash can)
 - a. Dribble Cues: Knees bent, finger pads, waist or below, eyes up, ball at side hip
 - i. Dribble Practice:
 1. Stationary Dribbling: 10 with your right, 10 with your left, 10 crossovers.
 2. Walking/Running Dribble: 10 with your right, 10 with your left, 10 crossovers. *Challenge: try to dribble between your legs.
 - a. Find a defender to go against. Play keep away. If they steal it, try to steal it back.
 - b. Chest Pass Cues: Hands on side of ball, step (non-dominant foot), push (aiming for your partner's chest), thumbs finish towards the ground.
 - c. Bounce Pass Cues: Hands on side of ball, step (non-dominant foot), push (aiming for a spot about halfway between you and your target), thumbs finish towards the ground.
 - d. Catching Cues: Athletic stance, hands in a W position (thumbs touching), watch the ball into your hands.
 - i. Passing Practice:
 1. Wall (garage door) or Partner Pass: start 5 feet apart and move another 5 feet for every 10 consecutive catches.
 2. Monkey in the Middle: Two people on the outside throwing to one another. One person in the middle trying to steal. If the middle steals, the person who lost the ball goes in the middle.
 - e. Shooting Cues: Balance position, Eyes on target, Elbow bent, Follow through (BEEF)
 - i. Shoot & Score: each player has 60 seconds to accumulate points.
 1. 1 point for a layup or shot directly next to the basket, 2 points for a midrange jump shot, 3 points for a three pointer.

- ii. PIG: First shooter shoots from where they like. If they make it, the second shooter must shoot from the same spot. If the second shooter makes it, the first shooter shoots again and the game continues as normal. If they miss, the second shooter gets a “P” and the first shooter takes a shot from a new location. If the first shooter misses, the second shooter gets to pick a spot to take a shot from. The first person to receive a “PIG” is the loser of the game.
- iii. Around the World: Set up 5 or 6 spots in front of the hoop in a semi-circle.
 - 1. Single Player: See how many shots it takes you to make it from every spot.
 - 2. Multi Player: Alternate shots. See who can make it from every spot first.
- iv. Dunk Competition: Create a low basketball hoop that you can dunk on. Get creative with some dunks and have a judge give you a score.
- v. 1 versus 1 or 2 versus 2 Basketball Game

Jump Rope Fitness Challenge

How long can you jump consecutively without stopping?

Scarlet & **Gray** Level: 1 Minute

Green & **White** Level: 2 Minutes

Maize & **Blue** Level: 3 Minutes

Please watch the video!

<https://www.youtube.com/watch?v=GBxFum1hcHM>

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