

# Week 7 Physical Education Agenda Checklist

- May DEAM (Drop Everything and Move) Activity Calendar
  - Home PE Skill Activity
  - Fitness Challenge Video
  - Kickboxing with Mr. Sargent
    - Physical Activity Log
  - Individual & Group Physical Activities Bank
- **Have an amazing summer! I am looking forward to seeing you all in person next year!**



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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!

# May “DEAM” Calendar

## 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 May?! 😊



Read a chapter of your favorite book while doing a forearm plank.	Perform as many push-ups as you can in 2 minutes. # I can do _____	A kiwi has ~60mg of vitamin C. Do 60 air punches	Kickboxing with Mr. Sargent	Perform 30 jumping jacks!	Invent a game and try it out!	Kids should be active 60 minutes per day! Skip around the yard for 60 seconds!
Pick 5 different muscles to stretch. Hold each stretch for 20 seconds before getting in bed.	Did you know a can of coke has 140 calories? Do 140 high knees!	Family Fun: Play your favorite physical education activity with your family.	Do as many burpees as you can in 2 minutes! # I can do _____	Play your favorite song and see if you can jump rope the whole time.	Take a walk  How long I walked for: _____	Hit a ball back and forth between your feet as many times as you can in 120 seconds.
1 Cup of broccoli has 60 mg of calcium. Do 60 air kicks.	Take a walk  How long I walked for: _____	Do as many squats as you can in 60 seconds. # I can do _____	Beans have 500mg of potassium. Jog in place for a 500 count.	Challenge a family member to a fitness challenge!	Do sit-ups for 30 seconds!  # I can do _____	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
Do ten math problems on a driveway calculator.	Challenge a friend to a Zoom fitness challenge!	Analyze what food groups you have eaten out of throughout the whole day.	Create & complete an inside/outside obstacle course.	A half cup of blueberries has 40 IUs of Vitamin A. Grapevine for 40 seconds.	Take a walk  How long I walked for: _____	Drink a glass of water while doing a wall sit!
Practice your volleyball skills for 15 minutes: balloon hits, underhand serve, underhand pass.	Play outside for 30 minutes!	Pick any sport and practice it for 15 minutes.	Jog around the house or neighborhood.  How long I jogged for: _____	Try and beat your old jump rope record! # of jumps: _____	Practice your baseball skills for 15 minutes!	<b>Crazy 8's</b> 8 jumping jacks 8 push-ups 8 sit-ups 8 burpees

## Home PE Skill Activity

Slip & Slide:



1. Water Sports

- a. Slip & Slide
- b. Swimming
- c. Water Balloons
- d. Water Pitcher Relay Race

## **Summer Fitness Goal**

I want each one of you to write down a summer fitness goal. Every so often, check in on your goal and see how you are progressing. I want all of us to be physical beasts heading into the 2020-21 school year. If you need help deciding a goal, feel free to send me an email.

## Kickboxing with Mr. Sargent!

Kickboxing Basics:



Kickboxing Warriors!



## 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