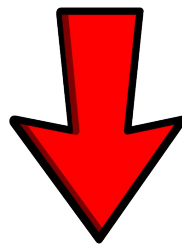




CHERRY CREEK

Physical Education Agenda Checklist

Click here to watch the YouTube video first!



<https://youtu.be/gD0VpHgvl4s>



- DEAM (Drop Everything and Move) Activity
- Home PE Skill Activity
- Yoga Worksheet
- Physical Activity Log
- Physical Activity Ideas
- Fitness Challenge Week ONE

I miss you all and I would love to see your faces! Send videos or pictures while you do fitness challenges or anything fitness related to my email:

heveland@lowellschools.com

PHYSICAL EDUCATION

->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 the school year?! ☺



| | | | | | | |
|--|--|--|--|---|---|---|
| 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! Do 60 cherry pickers! |
| Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. | 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 grocery bags ☺ |
| Practice your shooting form! B-balance E-eyes E-elbow F-follow through | Take a walk How long I walked for: _____ | How many times can you jump over a line? # I can do _____ | Did you know that a Whopper has 12 grams of saturated fat? Do 12 push-ups. | Practice your soccer footwork! Use inside and outside of your foot. | 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. Do 46 high knees! | Try and beat your old push-up plank time! Time held: _____ | Recite your spelling words while doing lunges. | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. | Did you know that ice cream has 13 grams of fat? Do 13 squat jumps. | Take a walk How long I walked for: _____ | Read a book 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 8 burpees! | Take a walk How long I walked for: _____ | Name as many vegetables 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 heveland@lowellschools.com

AT HOME PE SKILL ACTIVITIES

❖ Toss & Catch

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

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

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

❖ Bowling

- Underhand Roll – swing your arm back, step with opposite foot, swing arm forward, and release close to the ground.
- Grab six empty bottles (water, pop, or Gatorade) and fill them up halfway. Arrange these bottles in a triangle pattern.
- 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

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.

| <u>DAY</u> | <u>Activity 1</u> | <u>Activity 2</u> | <u>Activity 3</u> | <u>Activity 4</u> | <u>Total Minutes</u> |
|------------|----------------------------------|-----------------------------|---|----------------------------|----------------------|
| Sample | Picked up sticks (15 minutes) | Family Walk (30 minutes) | Played with my brother outside (20 minutes) | Jumped Rope (5 minutes) | 70 minutes |
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

PHYSICAL ACTIVITY IDEAS

- Play follow the leader
- Have a dance party
- Create a scavenger hunt
- Use a Wii Fit
- Draw a maze on the driveway
- Animal walks
- Sock skating
- Create your own Circuit Training (signs around the room)
- Hopscotch
- Frisbee
- Obstacle Course
- Basketball dribbling
- Basketball shooting
- Soccer dribbling
- Soccer shooting
- Build a fort
- Ride a bike
- Ride a scooter
- Roller Blade
- Hula Hoop
- Water bottle bowling
- Pick up lawn debris (sticks)
- Sidewalk chalk (create agility ladder)
- Disc Golf
- Volleyball passing
- Bed sheet parachute games
- Bocce Ball
- Football passing
- Race your sibling/parent
- Create your own workout
- Play monkey in the middle
- Learn or create a new dance

FITNESS CHALLENGE

WEEK ONE

Push-up to forearm

Plank

How many can you do in 1 minute?



Step 1: Start in Push-up position



Step 2: Lower onto one forearm



Step 3: Lower onto both forearms



Step 4: Push back up to Push-up



Step 5: ONE! Now repeat!
How many can you do in 1 minute?



Mrs. Eveland misses you!