

Physical Education

Links for ACTIVE home fitness

Students and parents may follow these links to stay active at home and review important concepts from P.E. classes.

Please complete 1 of the following activities from EACH category:

- (1) **Family Fun Fitness Grid (Dice)**- The family can do fitness together-all you need is 2 dice. The 1st person will roll the dice and whatever the 2 dice say (ex. 1 and 5)- you would do the exercise for that. The first dice will be the number on the horizontal line and the 2nd dice will be for the vertical line. So, if the 1st dice was a 1 and the 2nd dice was 5, the exercise the family would do is 24-line jump and jog around the house 1 time.

<u>Fitness Grid</u>	1	2	3	4	5	6
1	Jog 1 lap	Do 8 Crunches	Do 6 Standing Long Jumps	Do 5 Push-ups & 5 Crunches	Do 24-line Jumps & Jog 1 Lap	Do 5 Vertical Jumps & Skip 2 laps
2	Do 5 Push-ups & 5 Crunches	Skip 1 Lap	Hop on 1 foot 22 times	Do 20 Heel Lifts & 9 Curl-ups	Do 8 Leg Curls on each leg	Crabwalk across the gym
3	Do 19 Jumping Jacks	Do 7 Push-ups	Do 24 Stride Jumps	Do 7 Squats & Skip 2 Laps	Do 9 Side Leg Lifts on each leg	Do 16 Line Jumps & Gallop 1 Lap
4	Do 8 Jumping Jacks & Jog 1 Lap	Do 9 Squats	Skip 2 Laps	Hop on 1 foot 12 times & Skip 1 Lap	Gallop 1 Lap	Jog 4 Laps
5	Do 7 Vertical Jumps	Do 5 Squats & Skip 1 Lap	Skip 1 Lap & do 11 Crunches	Crabwalk across the room	Do 7 Push-ups, 6 Crunches & Jog 1 lap	Do 6 Squats & 14 Heel Lifts
6	Do 18 Heel Lifts	Do 5 Vertical Jumps & 11 Curl-ups	Jog 4 Laps	Do 16 Stride Jumps & 9 Heel Lifts	Do 15 Jump Jacks & Jog 2 Laps	Do 30 Straddle Jumps

(2)The Line Dances : Choose 1:

Tooty Ta https://youtu.be/ea4TVg0_8Dk

Cupid Shuffle <https://www.youtube.com/watch?v=QfzRP6V5rE4>

Git Up https://www.youtube.com/watch?v=7s_r8kSrO-0

Whoomp There It Is <https://www.youtube.com/watch?v=LgPtJ0pTutc>

How Long <https://www.youtube.com/watch?v=1GE0HdSGHRk>

Best Time Ever <https://www.youtube.com/watch?v=W59jPBFMOyI>

Old Town Road <https://www.youtube.com/watch?v=-0Xn4kd8xqY>

Uptown Funk <https://www.youtube.com/watch?v=ohqYQG-TIas>

(3) The Partners Brain Breaks

- Adventure to Fitness (www.adventuretofitness.com) is another FREE web based program that leads the students through a variety of active scenarios. The bonus is that the scenes tie directly to the Core Curriculum. You have to register, but it is free. They also have shorter episodes this year so it can be used in shorter bursts during the day.
- GoNoodle (www.gonoodle.com) is another resource the state of Georgia is pushing this year. Again, it is FREE. There are some academic tie ins with their episodes.
- <http://www.movetolearnms.org/how-do-i-do-it/> Move to Learn – Has 5 minute classroom movement videos that students can do at their desks with chairs pushed in. An adult leads their classroom, so there are kids in a school setting doing the exercises/stretches, too. The leader usually wears some silly glasses or hats to hook the kids in. They are grouped by K-3 or 4-6. I have previewed a couple of them and they are pretty good. They even do a closure that calms the students back down to get them ready to work.
- <http://jr.brainpop.com/health/bewell/exercise/> Search for four different lessons on Exercise, Heart, Muscles, and Bones lessons. Explore Health lessons that include videos, activities, and quizzes on a variety of health-related topics.