

Physical Education 3 – 5

Keep a journal of your activities.

Have a parent verify the activities were done and sign each day.

Warm Up: - Warm up using the stretches we use in class. 1. Arm circles (10 forward and 10 backward) 2. Feet Together and Legs straight, Try to touch your toes 3. Feet apart, reach down to your right foot, then your left foot, then the middle. 4. Stride stretch (right leg for 10 sec, left leg for 10 sec) 5. Quad Stretch (lift your right leg up behind you, lift your left leg up) 6. Butterflies (sit on the ground and put the bottom of your feet together for 10 sec.

Pick 5 Activities and do each one for 7 Minutes

1. Balloon Juggling

Use a balloon and while standing in place tap the balloon up in the air above your head. If you take a step you are done. See how many times you tap the balloon standing in place. Variations: tap while on your knees, tap while sitting down, tap while laying down, use 2 balloons, tap balloon then clap your hands 3 times before tapping again

2. Wall sit

Put your back flat against a wall Squat down until thighs are parallel to the floor, Keep your back flat against the wall and feet flat on the floor. Let your arms hang down freely by your side. Keep in this position for as long as possible. Rest for 1 minute between attempts. Goal is to increase your time each attempt.

3. Line jump

Jump over a line. The line could be imaginary or use a string, yardstick or some other long flat object.

Jump back and forth across the line.

Jump side to side Jump front to back Jump with one leg

4. Wall Jump

Stand facing the wall. Put your arms straight above your head. Keep the arms straight and jump up and touch the wall as many times in 30 seconds. Count your jumps. Rest 1 minute between attempts and repeat the activity. Goal is to increase the number of jumps each on each attempt.

5. Jog in place

Run at a slow pace while standing in place. Keep changing your pace faster to slower to faster during the 7 minutes for this activity.

6. Penguin Waddle

Place a balloon (small ball or small pillow) between your knees and then waddle across the room without dropping it. Make it more challenging by going around a few obstacles. If you drop it, you have to go back to the start.

7. Balloon Foot Balance

Lie on the ground with your legs up in the air legs out straight and try and balance the balloon (small ball or small pillow) on your feet. It requires a lot of concentration. Do several times during the 7 minutes. Goal is to increase the time for each attempt.

8. Sock Toss

Get 4-5 pairs of socks and roll them up. Find a clothes basket or a similar container. Stand 10 feet away and for 1-minute toss the socks one at a time into the container. Retrieve the socks and repeat for the 1 minutes. Keep count of how many socks you throw in the container. DO this for 5-10 minutes. Try to increase the number of socks you toss into the container.

9. Waste Paper Basketball

Make 4-5 paper basketballs. Use a clean wastebasket or another type of container (Example: Laundry basket, cardboard box) stand 10 feet from the container. Using a basketball jump shot shoot 25 times. Keep track of how many shots made. Repeat and try to increase the number of shots made each time. If too easy back up 5-10 feet and continue.

10. Sit-ups

Lie on the floor, knees up, feet on the floor and arms folded across the chest. Sit up and touch your arms (forearms) to your knees, then lay down and touch your back (shoulder blades) to the floor. Repeat this motion for 1 minute. This is a set of sit ups. Count how many you do in the 1 minute. Repeat this activity for 7 minutes. Rest 1 minute between sets of sit ups.

11. Aerobic program on the Wii or X-Box (any other exercise video games or consoles will do)

Do for at least 30 minutes each time.

12. Playing outside

Weather permitting ride your bike, play tag, football, basketball, baseball, soccer (anything where you are moving for 30 minutes)

13. Clean your room – help clean up around the house.

If this doesn't take 30 minutes combine it with any of the above activities.

