

Elementary Physical Education
Virtual Learning Plan

| April 6 – April 10 | | | | |
|--------------------|--|---|--|---|
| Day | WARMUP | STRETCH | EXERCISE | COOL DOWN |
| Monday | Walk in place – 45 sec 15 Jumping Jacks 15 High Knees Jog in place – 30 sec | Jumping Jacks Feet together Feet apart, right leg Feet apart, left leg Feet together, middle Behind the line Beside the line 10 sit-ups (3 rd -5 th) 10 Push ups | “Name that Exercise” Use the worksheet to spell out the words listed by the correct date. | Using the yoga page (at the end of the packet) pick 5 activities and do them, counting to 60 each time. |
| Tuesday | | | FitnessGram Practice See instructions at the bottom of the “Name that Exercise” sheet. | |
| Wednesday | | | 1 Minute Fitness Challenge Use the worksheet to complete each activity for 1 minute and record your results | |
| Thursday | | | Fitness Word Search | |
| Friday | | | Friday – “Let make it 100” 25 Jumping Jacks 25 Pushups 25 Curl ups 25 Air Squats | |

| April 13 – April 17 | | | | |
|---------------------|--|---|--|---|
| Day | WARMUP | STRETCH | EXERCISE | COOL DOWN |
| Monday | Walk in place – 45 sec 15 Jumping Jacks 15 High Knees Jog in place – 30 sec | Jumping Jacks Feet together Feet apart, right leg Feet apart, left leg Feet together, middle Behind the line Beside the line 10 sit-ups (3 rd -5 th) 10 Push ups | FitnessGram Practice See instructions at the bottom of the “Name that Exercise” sheet. | Using the yoga page (at the end of the packet) pick 5 activities and do them, counting to 60 each time. |
| Tuesday | | | “Name that Exercise” Use the worksheet to spell out the words listed by the correct date. | |
| Wednesday | | | 1 Minute Fitness Challenge Use the worksheet to complete each activity for 1 minute and record your results | |
| Thursday | | | Physical Education Word Search | |
| Friday | | | Friday – “Let make it 100” 25 Jumping Jacks 25 Pushups 25 Curl ups 25 Air Squats | |

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NAME THAT EXERCISE

Follow the directions in your weekly sheet to spell out the words it tells you to spell.

| | | | |
|---|--------------------------|---|------------------------|
| A | 20 High Knees | N | 5 Burpies |
| B | 15 Crunches | O | 5 Push Ups |
| C | 15 Squats | P | 20 sec Jog in Place |
| D | 10 Push Ups | Q | 10 Crunches |
| E | 30 sec Squat (Hold it) | R | 15 Push Ups |
| F | 10 Burpies | S | 15 Burpies |
| G | 20 sec Jog in Place | T | 15 Squats |
| H | 45 sec Squat (Hold it) | U | 15 sec Sprint in Place |
| I | 10 lunges | V | 15 Crunches |
| K | 10 Push Ups | X | 20 Burpies |
| L | 1 minute Squat (Hold it) | Y | 10 Crunches |
| M | 20 Burpies | Z | 20 Pushups |

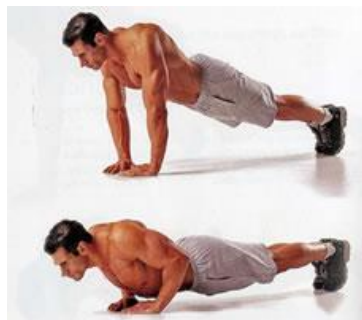
April 6

Your First name
Your Last name
April
Monday
Your school name

April 14

Your Middle Name
Your Last Name
Spring
Tuesday
Muscogee

FITNESSGRAM PRACTICE



Muscular Strength- Push up

- Do 5 pushups. Rest for 1 minute. Repeat this 3 times.
- 10 pushups. Rest for 2 minutes. Repeat once.
- Do as many pushups as you can with proper form.

4/7 - Record your results _____

4/13 - Record your results _____



Muscular Endurance - Curl ups

- Do 20 curl ups. Rest for 2 minutes. Repeat this 3 times.
- Do 30 curl ups. Rest for 1 minute. Repeat this twice.
- Do as many curl ups as you can with proper form.

4/7 - Record your results _____

4/13 - Record your results _____

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1 Minute Fitness Challenge

Complete the exercises below, doing each one for 1 minute. Record your totals after each exercise. Take a 1 minute break between each exercise.

Wednesday, April 8

| Station # | Exercise | Challenge | Results |
|------------------|-----------------|--|----------------|
| 1 | Pushups | How many pushups can you do? | |
| 2 | Jumping Jacks | How many jumping jacks can you do? | |
| 3 | Squats | How many air squats can you do? | |
| 4 | Air Jump Rope | If you have a jump rope, use it. If you do not have a jump rope then pretend you are using one. How many jumps can you do? | |
| 5 | Curl ups | How many curl ups can you do? | |

Wednesday, April 15

| Station # | Exercise | Challenge | Results |
|------------------|-----------------|--|----------------|
| 1 | Pushups | How many pushups can you do? | |
| 2 | Jumping Jacks | How many jumping jacks can you do? | |
| 3 | Squats | How many air squats can you do? | |
| 4 | Air Jump Rope | If you have a jump rope, use it. If you do not have a jump rope then pretend you are using one. How many jumps can you do? | |
| 5 | Curl ups | How many curl ups can you do? | |

Thursday, April 9

Fitness Word Search



Fitness Word Search

Words can be found forwards, backwards, horizontally, vertically, and diagonally.

D M H P A X L O V W T O C X W
U V K Q J L V P K E T U Q D T
H H F P X G J M I U A H F O V
I L R D H B T U Q N P G G X T
T Z S K D L R K M Y R W O G R
H X S Q S A W G V P A A E Y A
R N H Z H C T E R T S L P B E
P C Q W A K W S A U Y K P Z H
E M K V T S S T M C H J L M F
R H K J V E S I K T T Y M J V
M U R F O L R K R B L I C G U
V Z G E L C T U K D A B V V M
W N V G G S N U T Q E P G E K
G M Z X W U A A C V H V B C A
N V L Q W M G C T T Y Z A S T

HEALTHY

YOGA

JUMP

MUSCLES

WALK

RUN

STRETCH

HEART

ACTIVE

PLAY

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Thursday, April 16

Physical Education Word Search

F G Q I K L Z H V O L L E Y B A L L J Z J A V F
R B Y V D Y W A P M U R E C C O S R S O F K S S
J A Q U A D S W B S U Y Y W Y G D X T K J M V B
S S N I M R M I R H M Y E R V D V A R E W N W M
R K K J R N I R I B Z E G E O U V E E J Y P E U
I E T U R T E A M W O R K K B M G M T C D A X V
B T T M Y L L I K P K J C W F S I W C Y H H T O
P B S P G S I N N E T A P M Z X I L H A K N T C
U A H I E N U P C G H L U U V O A R E V M H X V
I L G N M B L B Z Q S L S E E E G D F R Y O S I
E L P G O K A W R P X M H L Q S V W U S U L Z I
H W P J M C A L V E S Z U N L N T M K O U N H J
Y U E A A T S Z N Y E B P Q G A E K X M X L V M
S T J C B T J R C U P F S E S F B S I T U P S U
P E R K F R O G J U M P E R S R H E A O M X G S
T F E S O R L J N T V O G V D T W N G Y H E T U
S A L Q O C H O C K E Y J A U I C O V D X V D F
P K A S P O R T S M A N S H I P F U X Y O V F F
B Q Y A D Q X G Q L E I Z V H K L L K T G D H K
Q Y R Q Y F K O T R Z D F M Z B K S T O V T Q C
B N A M R D A G B S G N I R T S M A H Z Y H H A
W V C S N P K O Z P H D E Y J Y N T P D E Z O K
J D E D G M G Q L E G B Y Y C P B I U W F C I E
C E H P G R D I I O L V E U Z W L L A B T O O F

| | | | |
|--------------|-------------|---------------|------------|
| HOCKEY | TEAMWORK | SPORTSMANSHIP | MILERUN |
| DODGEBALL | SITUPS | PUSHUPS | FRISBEE |
| JUMPINGJACKS | FROGJUMPERS | QUADS | CALVES |
| HAMSTRINGS | STRETCH | FOOTBALL | RELAYRACE |
| TENNIS | SOCCER | BASKETBALL | VOLLEYBALL |

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Cooldown YOGA Stretches

Pick 5 of these stretches and use them as you cool down each day. Do each one for 60 seconds.

| | | | | |
|--|---|---|--|---|
| <p>Moon Pose</p>  | <p>Tree Pose</p>  | <p>Frog Pose</p>  | <p>Childs Pose</p>  | <p>Boat Pose</p>  |
| <p>Cat Pose</p>  | <p>Cobra Pose</p>  | <p>Sun Pose</p>  | <p>Butterfly Pose</p>  | <p>Star Pose</p>  |
| <p>Bridge Pose</p>  | <p>Downward Dog</p>  | <p>House Pose</p>  | <p>Pretzel Pose</p>  | <p>Cow Pose</p>  |
| <p>Chair Pose</p>  | <p>Crab Pose</p>  | <p>Gate Pose</p>  | <p>Owl Pose</p>  | <p>Warrior Pose</p>  |